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ith a seemingly ever-increasing work and debt load, more and more students are spending long hours of relative inactivity writing term papers or just paying the bills. This translates into little time to spare for cooking real meals, leaving many students to turn to pizza and burgers instead and making the Freshman 15 look like an understatement.

The problem is that unhealthy eating affects more than just the waistline—and in most cases, a student's already thin wallet is the first casualty. The cost of convenience—that is, eating out or cooking frozen, prepared food—adds up over time, and is far less nutritious than cooking your own meals at home.

No matter what's being crammed down your gullet between classes, food also affects your body in ways you might not expect—most notably your concentration. Nothing is more important in preparing for a final or in writing a major essay than the ability to concentrate, yet students often become so focused on their work that they forget to eat.

And according to U of A nutritionist Dana Wilkinson, that's a big mistake.

"Your brain needs glucose as a fuel, so if you're on a really low-carbohydrate diet that's too low on

processed enter the bloodstream slowly over time and prevent a peak in blood sugar levels.

To really make a difference in overall health, Wilkinson says, healthy eating needs to be incorporated into everyday living—and the first step is understanding the difference between calories and nutrients.

"Even if you're not eating too many calories in a day, if the foods that you're eating are McDonalds burgers and fries, that's not a healthy diet," she says. "So, there are calories, but there are also nutrients."

Shaking things up

Fulfilling those nutritional requirements requires more than just variety. According to Wilkinson, a good dietary profile to follow is the Canada Food Guide. Although most people remember the basic four food groups that they learned as kids, they tend to forget the huge differences in daily requirements for each group. While a university-aged male needs 8–10 servings of vegetables and fruits and eight grain servings each day to meet his nutritional needs, he only needs two servings of dairy and three servings of meat—meaning a little more of mom's cooking and a little less Marco's.

Another important consideration is that of moderation. The average female needs about

gaining weight, alcohol should be mixed with water or a low-calorie mix, like diet pop.

An extra threat to the dress-size during a night on the town is bar food. According to Wilkinson, most restaurant food is chock full of beltline-expanding goodness.

"In general, any restaurant eating, you're going to come away having eaten a ton of fat and calories, and you probably didn't even know it," she notes.

But even when eating out, your choice of establishment is still a big factor. Very few restaurants have menus that are completely terrible for your health. For instance, if you're really watching the calories, salads are always an option—if you're aware of what's in them and what goes on top of them.

"If you look at the salads that McDonalds offers, a lot of them have as much fat as a Big Mac," Wilkinson points out. "It can be difficult to know because salad dressing is a huge culprit. It's full of fat and calories."

Of course, the choices can seem fairly limited if, like residents at the U of A, the menu is restricted to what's available on campus. A quick walk through SUB or HUB turns up mostly fast food joints, and residence food has a reputation of not being much better.

However, according to Kaila Hauck, food ombudsman for Lister Hall, this reputation may not be wholly deserved.

"Overall, all foods can fit into a healthy diet; moderation and balance is the key. That is our approach: if the majority of your calories come from nutritious foods included in Canada's Food Guide, then an occasional treat, such as cakes, donuts, or chocolate bars is fine."

DANA WILKINSON
U of A nutritionist

carbohydrates, you won't be able to concentrate because your brain needs that glucose, and it's struggling to get it."

Of course, filling up on just any food isn't necessarily the solution either. While eating too little prevents concentration, eating too much of the wrong thing will induce restlessness. That's because foods with a very high glycemic index are absorbed very quickly into the bloodstream, shooting up blood sugar levels and essentially giving a "sugar high." Foods

lower on the glycemic index, which tend to be anything brown, whole grain, or less

1800–2200 calories daily, while the average male needs anywhere from 2000–2500 calories daily, depending on factors such as weight and activity level. Within those limits, specific nutrient requirements still need to be met.

But according to Wilkinson, this doesn't mean there isn't room for the occasional treat.

"Overall, all foods can fit into a healthy diet; moderation and balance is the key," she explains. "That is our approach: if the majority of your calories come from nutritious foods included in Canada's Food Guide, then an occasional treat, such as cakes, donuts, or chocolate bars is fine."

Moderation should also be remembered when consuming alcohol. While one to two glasses of wine a day is actually healthy, these drinks don't work like money—they can't be "saved up" and consumed all in one day, hoping to have the same effect.

However, that doesn't mean calories can't at least be watched while getting drunk. It's really as simple as remembering that alcohol—and what it's being mixed with—are both calorie-intensive. To avoid

"There's generally good variety. The menu changes every four weeks," she explains. "It might be a bit harder if you're a picky eater, though."

Unfortunately, eating healthy is easier said than done; after all, what makes food taste good, for the most part, is fat and sugar—the very same things that result in the dreaded man-boobs and muffin-tops. But the decision to indulge shouldn't cause panic because a healthy lifestyle also includes regular exercise—which, believe it or not, will go a long way towards burning off that beer belly.

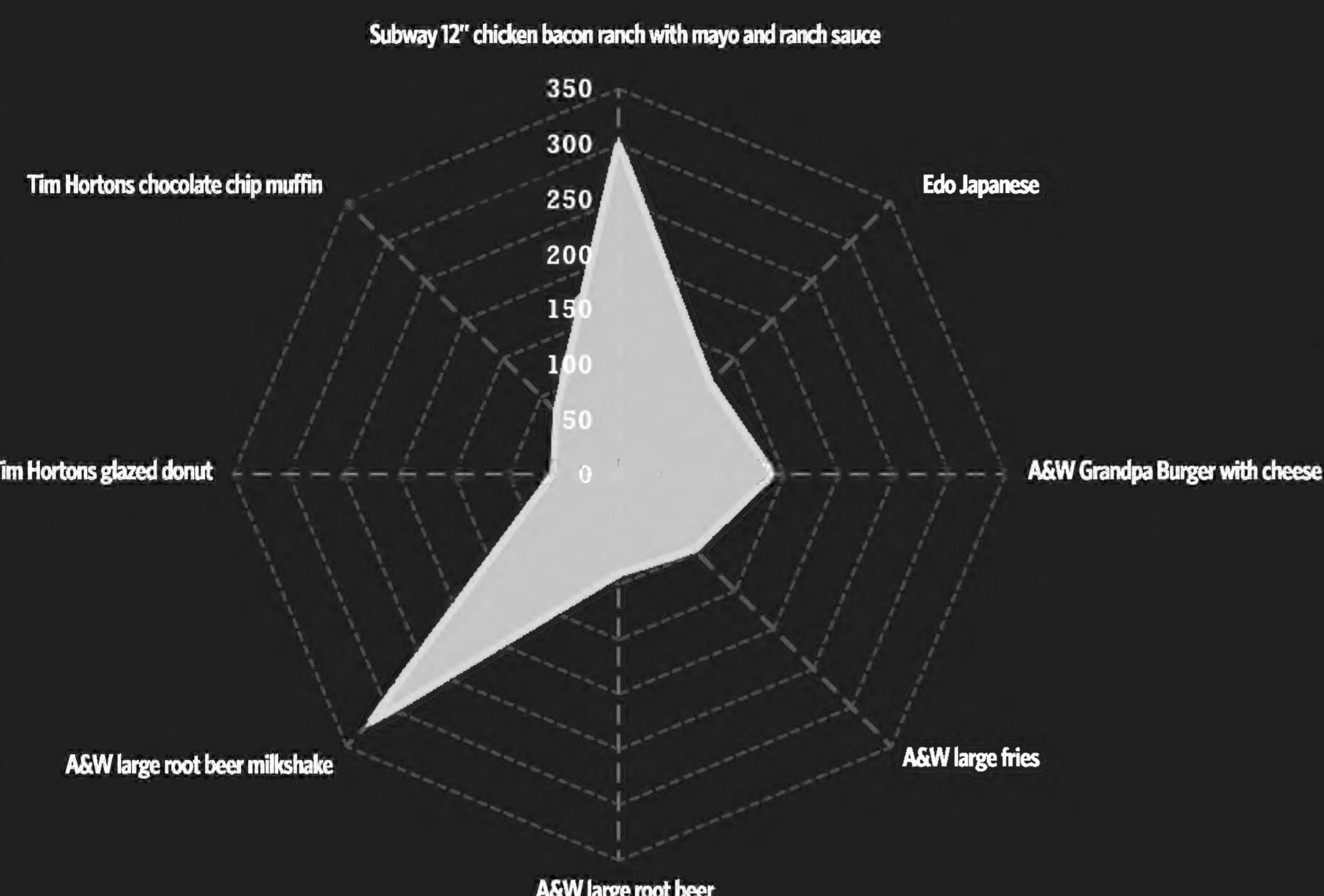
Keep fit, and have fun

Although most people generally only see the physical benefits of exercise and fitness, it's also beneficial to general mental health, a factor particularly important to postsecondary students dealing with the onslaught of various assignments and exams and the inevitable increase in stress levels brought on by frantic cramming. However, when a student is slumped over a textbook, trying to avoid dozing off and studying through the night, just about the last thing on his or her mind is taking an exercise break.

According to Dr Wendy Rodgers, a professor and exercise psychologist in the Physical



Average required exercise (in minutes) to burn calorie content



Physical Activity	Energy (Kcal) expended in 1 minute
Doing Homework	2.2
Weightlifting (general)	3.7
Walking (moderate)	4.7
Snow shovelling	7.4
Stationary cycling (150 watts)	8.6
Jogging (moderate)	9.8
Rock climbing (continuous ascending)	13.4
Food	Energy (KCal)
Subway 12 " chicken bacon ranch (with mayo and ranch sauce)	1620
Edo Japanese	634
A&W Grandpa Burger with cheese	752
A&W large fries	520
A&W large root beer	488
A&W Large root beer milkshake	1720
Tim Hortons glazed donut	320
Tim Hortons chocolate chip muffin	430

Energy values of activity based on ACSM's Compendium of Physical Activity Tracking Guide. Also based on a "average" 70 kg individual - note these values would all be different with a person of a different body mass and fitness level.

Education Department, that's a mistake. Students who sacrifice short periods of their study time for exercise—for example, going for a brisk 30-minute walk—will actually benefit from being able to focus more clearly and will see an increase in the quality of studying.

"One thing I would say, historically, that students continue to do is that whenever they feel any kind of stress at all—and it's usually deadline stress or exam stress—the first thing they let go of is exercise," Rodgers says. "They're convinced that they would be better off spending another hour studying, rather than going and clearing their minds, and there's zero evidence to justify doing that."

Rodgers notes that part of the research to support this theory comes from studies performed on students throughout grade school. These studies have shown that taking one hour out of an average six-hour school day has no negative effect on a student's ability to learn, and is also a useful form of mood control.

This link between exercise and emotion may come as a result of increased levels of endorphins, the chemical in the brain that elevates one's mood.

Furthermore, students who exercise regularly report feeling a positive effect in the form of "subjective vitality," meaning they display signs of positive short-term effects and generally feel better about themselves.

"We know, through physical activity and better fitness, that people have an increased resistance to mental fatigue," explains Leanne Telford, chair of the Personal Training program at NAIT. "People tend to feel better about themselves when they are active and physically fit; they tend to have a higher self-esteem and a higher belief in their ability to do things."

Squeeze it in there

Finding activities that can keep them in shape while still keeping them interested and fully motivated is one of the challenges that some students face when deciding to incorporate physical activity into their already packed schedules. Most fitness experts say that the key to finding an exercise niche is to include things in the workout that you already have some sort of affinity for—for example, if you're a fan of the water but don't go swimming nearly enough, try including it in your workout plan and make it a regular thing.

"In the motivation work that we've done, we've found that if students can find an activity that they value—something that they think is important to do, but also something that's congruent with their own identity—they'll get nearly the same physical and emotional outcome as someone who loves to exercise and does so just for fun," Rodgers explains.

Another important factor in determining a workout plan comes from selecting activities to match the seasons. According to Dr Gordon Bell, the director of the

U of A's Sport and Health Assessment Centre, many students are dissuaded from outdoor physical activity and, in some cases, physical activity in general as a result of Edmonton's harsh winter climate. Changing up one's activities from season to season allows for continued physical activity, making the winters a little less, shall we say, odobenian.

Creating an efficient workout plan ultimately comes from having a good balance of activities. Bell refutes the notion that one type of exercise is more beneficial than others, and believes that taking a combined approach is the way to go.

"Years ago, I probably would have told you that aerobic fitness was the number-one type of exercise for students," Bell says. "I believe, in my own research, that the strongest type of exercise is a combination of strength training and aerobic training not only for students, but for all types of people."

"The cardiovascular component is so closely linked to health," Telford adds. "But if you also look at things like resistance training—which, for our muscles, is very important—and the popularity of yoga and pilates—which is good for maintaining strength and flexibility—there's a little more connectivity to both mind and body."

The biggest challenge for students is finding the time to do it. In a survey published in *Family and Community Health* in 2002, out of a sample of 147 student graduates, one of the top reasons barring them from exercising was that it ate up too much time.

But according to Bell, exercise doesn't have to be time-consuming. He believes that "many students—as busy as they might be—have that 30- or 45-minute break" in their day that could be better used by taking part in some form of exercise. Most fitness experts agree that anywhere from a half-hour to an hour of exercise, approximately three times a week, is enough to keep even the busiest student in good shape.

"One idea is to organize your physical activities like you would your studies or your exam schedule," Bell explained. "Say to yourself, 'Okay, for these three weeks, I only have classes and labs, so I have time to be consistently active four or five days out of the week.' Rather than just completely throwing your workout schedule out the window and not doing anything for ten days straight, get into one weight session per week or even two aerobic sessions."

"By doing so, you maintain the fitness you've developed; you don't drop it completely off and then have to start all over again. Maintaining a fitness parameter takes way less time than it does to build one."

Of course, maintaining healthy dietary habits and some semblance of a regular workout routine becomes harder as the semester lingers on, but doing so is key to mental concentration—and reducing the amount of blubber crowding up the halls.

THE YEAR OF THE FAT

For most of us, our new year's resolutions include hitting the gym and losing that extra Christmas weight. Unfortunately, judging by the increasing emptiness of the Van Vliet Centre, it's a goal that many people give up on quickly, or at least put off until next year. Now that Chinese New Year has arrived, we're reminded of the broken promises made just last month.

But according to Wilkinson, there are some key tips to maintaining your waistline through dieting.

Good food is still good food. Fruits, vegetables, and whole grains are never going to hurt you, as long as you eat in moderation. Furthermore, they are crucial parts of a healthy, balanced diet, which is an important consideration—whether or not you're trying to lose weight.

Forget the fads. Because of differing food preferences and metabolisms between people, there's not one diet that fits everybody. Look for foods like proteins or carbohydrates that you enjoy eating, leave you feeling more satisfied, and kill your cravings so that you can eat less overall.

And remember that any good diet is a marathon, not a sprint.

"Whatever you decide to do needs to be something you think you can do long-term," Wilkinson explained. "Instead of starting out with the absolute, making every change now, start out with a small change, and do that for three weeks, and then add another change and then another change."

Starving yourself for two weeks won't make any difference long term, but sticking to small changes over a long period will.

nextweek

So you've been eating and sleeping right, cutting back on your caffeine after midday, but you still can't seem to get rid of that hangover—or worse, the beer belly. Check back next Thursday, when our final installment will cover the weird, wonderful world of student drinking.

SOCIAL INTERCOURSE

Mump and Smoot in *Something*

Runs 7-17 February
Starring Michael Kennard and John Turner
TransAlta Arts Barns (10330 84 Avenue),

Clowns have always provided adults with an innocent way of pretending to entertain children, when their real motivation is scaring the living hell out of them, often to hilarious and potentially life-altering effect. Performers Michael Kennard and John Turner transcend the line between horror and humour further than simply squirting children in the eye with the flower on their lapel or causing them to jar awake at night in a cold sweat. This adults-only clown performance features the stars' return after a six-year hiatus in *Something*, a former Fringe Festival show where they portrayed the "clowns of horror" Mump and Smoot.

Smoothride CD Release Party

With My Sister Ocean and Seventh Rain
Saturday, 9 February at 7:30pm
Dinwoodie Lounge

While their motto may be to try to get listeners to think, to act, and to love, Smoothride isn't some kind of hippy collective, but an alternative rock band from Edmonton. Having spent a good portion of the last few years touring Alberta and the Northwest Territories building a reputation, the band is finally releasing its debut album, the *Land and Honour EP*, and has already received critical acclaim based on their live performances and avid enthusiasm for fedoras of a variety of monochromatic colours.

Imagining WOW

Saturday, 9 February from 11am-4pm
The Art Gallery of Alberta (100 10230 Jasper Avenue)

For the art connoisseur who prefers an interactive exhibit in which to create, explore, and experience a variety of different emoticons and experiences, Imagining WOW at the Art Gallery of Alberta will push the boundaries of what the human mind can imagine. GENERATION artist Demian Petryshyn hosts this exquisite event that invites attendees to play *World of Warcraft* together at the gallery. This masterpiece of abstract expressionism transports patrons into a fictional world where different classes struggle to coexist among economic disparity and a culture of fear, forging a powerful statement on class conflict and race relations between human and orc.

The creators of the WOW exhibit used moving three dimensional images of fanciful creatures to symbolize, like Picasso's "Guernica," the futility and perpetuity of war, as well as the increased militarization and imperialistic tendencies of the walking dead. In a novel twist, the gallery viewers become part of the exhibit itself, showcasing the strength of the human spirit to endure countless hours of levelling and questing, with only pizza, potato chips, and soda as sustenance.

Newtube: The Eighth Annual New Works Festival

Runs 12-16 February at 7:30pm
Second Playing Space, Timms Centre

A twist on the "Broadcast Yourself" YouTube motto, the Drama department is producing six one-act plays which it will send out into space. The event features play readings as well as performances such as Scott Garland's *Half a League*, where three children create a world out of trash that is interrupted by an outsider, providing aliens with an interesting *Lord of the Flies*-like view on human child rearing. The festival will be the most entertaining media that the denizens of Alpha Centauri will receive since the shocking series finale of *Just Shoot Me!* that reached them last week.

JONN KMECH
I won't admit to his face that I'm glad he's back



LAURA STIEGLITZ

THE YOUNG AND THE TIMELESS Spanning time and space, Studio Theatre's *While We're Young* explores the turning points in young people's lives.

Eligible young U of A bachelors

While We're Young was tailored for the 2008 BFA class by playwright-in-res Don Hannah

theatre preview

While We're Young

Runs 7-16 February
Written by Don Hannah
Directed by Kim McCaw
Starring the 2008 BFA acting class
Timms Centre

EDMON ROTEA
Arts & Entertainment Staff

Like the centenary history of the University of Alberta, playwright Don Hannah's latest ensemble work, *While We're Young*, spans many decades, eras, and generations. Hannah, the U of A's inaugural Lee Playwright-in-Residence, was commissioned to write the play for the Department of Drama's bachelor of Fine Arts acting class of 2008.

While Hannah remains secretive about the plot, he describes *While We're Young* as a play that spans over a hundred years, from 1870 to the present, with events occurring in six different historical periods. From a farmhouse in Nova Scotia during the late 19th century to the trenches of World War I to modern day Edmonton, Hannah attempts to capture and convey the experience of being young throughout Canadian history.

"I also wanted to counterpoint the First World War and the war in Afghanistan, just in terms of looking at very young people—21 and 22-year-old kids—going off to war," Hannah says. "I developed the stories within each time frame and built the action of the scene around those characters."

While We're Young features a cast of a dozen performers, most of whom are in their early 20s. Some cast members even play more than one character. While writing the script, Hannah, a middle-age man, attempted to have the

youth-driven play take place in the present-day period, but found that his age made it difficult to write from a modern perspective.

"There's a dozen actors in that class, so I wanted to write a play and use all of them. I wanted it to be an ensemble piece so they would all have equal parts, and it wouldn't be just one or two nice, fat, juicy roles while everyone else is just stuck carrying spears in the background. Then I thought, 'I can't really write a play set now with that many people. I don't have enough to say about being young in 2007 or 2008.' I decided to play with time, and look at being 21-24 in various times in the last 120 years, just to see what things were the same, what things were different, and to tell a kind of a bigger story of being that age," Hannah says.

"There's a dozen actors in that class, so I wanted to write a play and use all of them. I wanted it to be an ensemble piece so they would all have equal parts, and it wouldn't be just one or two nice, fat, juicy roles while everyone else is just stuck carrying spears in the background."

DON HANNAH
WHILE WE'RE YOUNG PLAYWRIGHT

The play's director, Kim McCaw, also noted the many themes and emotions that the youthful characters experience in the play.

"It's really dealing with the things that young people face: those major kind of turning points in their lives when suddenly they are adults and

are facing really hard problems and [ask] 'What are we going to do about it? What does the future mean to us?'" McCaw says.

Characters include Presbyterian Scotsmen in the 1870s arguing about an interfaith marriage and 1960s hippies contemplating moving into a house located in Edmonton's Garneau area. One actor, Cole Humeny, found his experience playing a World War I Canadian soldier to be exciting.

"I connected to his character the first time I read for him. I was excited to explore and live his journey of being here faced with this awful situation—of wishing he could be back home with his sweetie."

Humeny, who previously played the king of Thebes in last season's Studio Theatre production of *Antigone*, found himself doing research to get into the mindset of his character.

"My friend Brian told me to read *The Wars* by Timothy Findley. I read that and a few other novels, just to get the feel of the atmosphere and climate of communities and how they dealt with sending their boys off to war," Humeny explained while wearing a replica of a World War I Canadian army uniform.

Character is central to the play's premise of being young, especially with themes that concern the challenges and responsibilities of adulthood.

"The characters in this play get various things thrown at them, such as pregnancy, war, or falling in love. It's not all unpleasant, but sort of the big things in their lives," Hannah explains. "The plot of the play is how these stories are told in six different time periods which also become [part of] one bigger story. It basically started as a kind of puzzle for me to solve. You have to figure out how this is all going to fit together, and then there is this satisfaction of having it all fit together."

"It's very much a play about youth, but it's also a very intelligent play—and a very adult play. I think it should be of interest to twenty-something things because they will be seeing themselves on stage."

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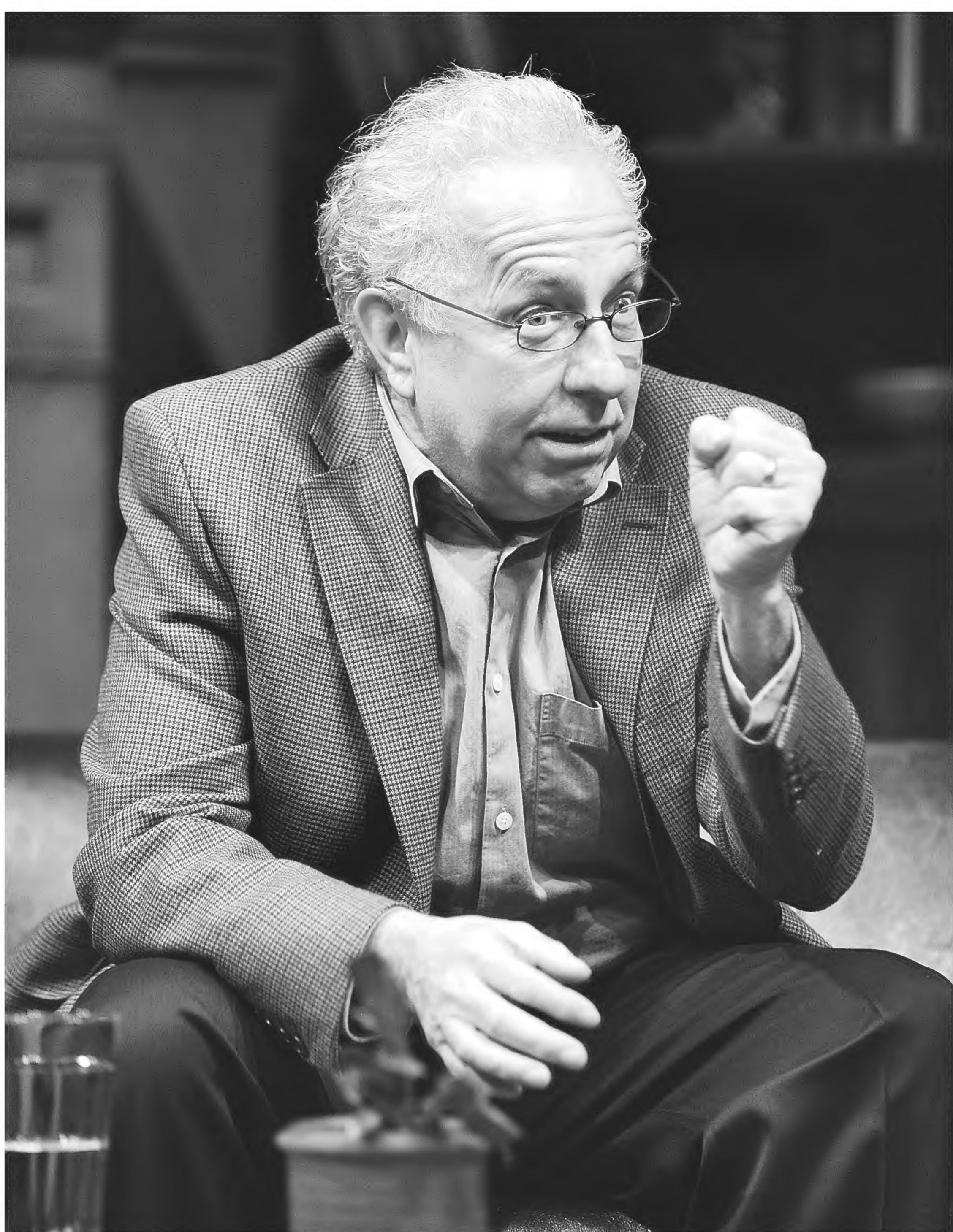
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A shining reflection in the dark

The latest installment of the Rice Theatre Series is a shadowy peek in the mirror

theatre preview

Shining City

Runs until 24 February
Written by Conor McPherson
Directed by James MacDonald
Starring Tom Wood, Caroline Cave, Jaon Carnew, and Shaun Smyth
Citadel Theatre

BRYAN SAUNDERS
Arts & Entertainment Staff

In his presidential farewell address, Ronald Reagan spoke of a "shining city." In his mind, it was "a tall, proud city built on rocks stronger than oceans, God-blessed, and teeming with people of all kinds living in harmony and peace."

With his latest work, Irish playwright Conor McPherson challenges this idea of a perfect metropolis. The Tony Award-nominated script in question, *Shining City*, is now making its Canadian premiere at Edmonton's Citadel Theatre, and director James MacDonald is hoping citizens of this shining city will make time to see it.

That said, drawing in audiences shouldn't be an issue; the premise would intrigue even the most uninterested theatre-goer, as the play, which MacDonald often describes as "extremely natural," quickly becomes supernatural.

"[*Shining City*] is a play about an ex-priest who is setting up a [therapy] practice in Dublin, [whose] first and pretty much only client is a

middle-aged man who's recently lost his wife," he explains. "In the first scene, we find out that the reason the man is so tormented is that he's actually seeing the ghost of his dead wife."

Furthermore, the man's therapist has some issues of his own.

And while the entirety of the play's twisted plot unfolds inside the gritty, low-rent office belonging to this disturbed therapist, MacDonald explains how, even from indoors, the action challenges the idea of a shining city existing outdoors.

"I think that we all lie to ourselves to a certain extent, [but] some people lie to themselves in a very small way, and some people are completely dishonest and are living a lie."

JAMES MACDONALD
SHINING CITY DIRECTOR

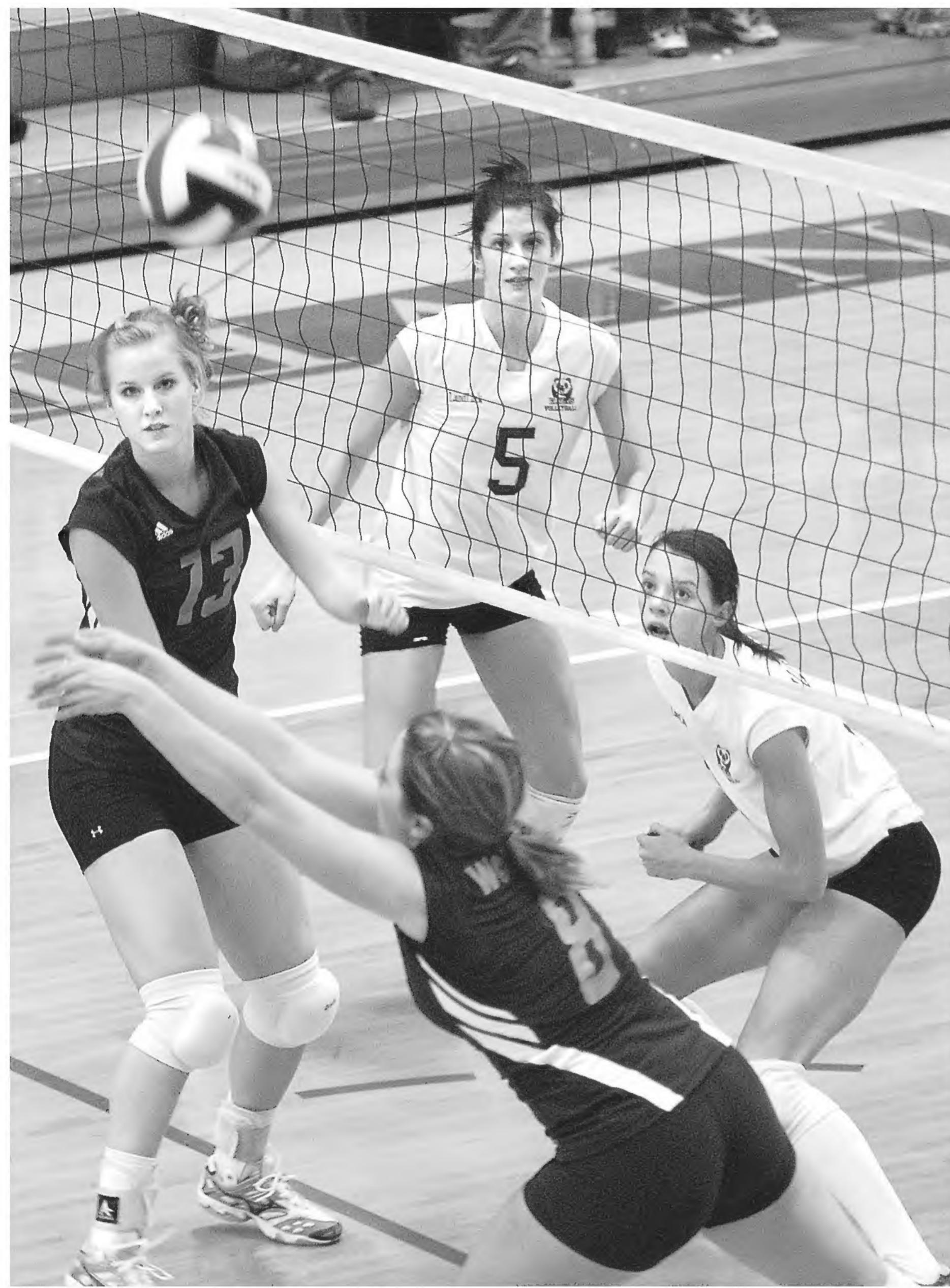
Unfortunately, MacDonald explains, people often refuse to acknowledge when a relationship isn't working out. Instead, they stay in that relationship when they shouldn't, essentially lying to themselves. This idea is central to the play; self-delusion, denial, and deceit are all issues that *Shining City*'s characters struggle with.

"[The] major theme [in this play is] being honest with yourself. I think that we all lie to ourselves to a certain extent, [but] some people lie to themselves in a very small way, and some people are completely dishonest and are living a lie."

Ironically, this theme of dishonesty will ring true for many people, MacDonald thinks.

"This kind of day-to-day baggage that McPherson portrays is heavy, but it's also something that everybody shares. We accumulate a lot of experiences in our life, a lot of relationships, a lot of friendships, a lot of family things, a lot of things that we deal with. Really, what the play is about is how well we deal with [these things] and, really, about how honest we are with ourselves."

"I mean, you can achieve huge success in your career or with your family or your relationship," he continues. "But I don't think you ever quite get rid of the feeling that there might be something better. And how you deal with it is eventually going to be the answer to how you deal with your life. You have to come to grips; you have to be able to say, 'I don't think that's true. I don't think this is second-best. I am really in a fantastic place.' But if you don't do that, you're going to torment yourself your whole life."



BUMP These are the last two games of the regular season for Pandas like Sam Wojtkiw (5) and Darryl Roper (white, right); they could also be the toughest ones they've seen in the second half.

Playoff seeding on line as Pandas host Bisons

ROBIN COLLUM
Sports Editor

If there has ever been a time for the Pandas volleyball team to step up and prove that it deserves to hold on to the national title, this weekend is it. Alberta (13-5), currently sitting in fourth place in Canada West, will host the Manitoba Bisons (17-1) in a series that will not only test the Pandas' skill but also help determine seeding for the playoffs.

The Pandas are vying for third place in the conference—and a more favourable seeding position—with Calgary (14-4). Manitoba, meanwhile, is tied in first with UBC (17-1), with a first-round bye in the balance.

"It's an important weekend for Alberta, and it's an important weekend for us," Bisons head coach Ken Bentley said. "They're still the defending champs, and we have to go into their gym and try to win two. Likewise, they would love to have two so they could host their playoff. There's a lot at stake, and it will be difficult."

The Pandas recognize the challenge ahead of them, but Alberta head coach Laurie Eisler feels that her team can handle it.

"If we're not ready now, we never will be," she said. "It's business as usual. It's not like we do anything extra-special just because it's Manitoba or because it's the number-one team, but the thing you can always count on is that athletes love to rise to the occasion, so they're excited and fired up about it too."

"It's great playing such great competition this time of year. When you look at what's ahead, we want to make sure that we're prepared—and there's no better preparation than to play the top team in the country."

The young Bisons squad—Manitoba's roster boasts only four players above their third year—has dominated against almost every team in the league. They went to five sets in both the games against their closest competition, UBC, winning once. They lead Canada West in both hitting percentage and service aces.

"They have a really solid starting lineup," Eisler said. "Their strengths are around the front court, blocking, and their attack is very strong. And they're really steady—they don't make many mistakes—so you really have to beat them."

The Pandas, meanwhile, are experienced, powerful, and technically proficient. According to Eisler, they'll have to draw on all their strengths in order to be successful this weekend.

"You have to get them out of their system of play, and that means being an aggressor," she said. "You can't play tentatively, and you can't play into their hands, which would be doing the things that are predictable."

"We have to show some patience, knowing that they're going to do some really good things and they're going to be hard to stop. They're going to be frustrating, and we'll have to deal with that. To beat them, we're talking a two-and-a-half-hour slugfest, so you've got to be prepared to compete against them in the long term."

And the Bisons don't see the weekend as a sure thing.

"We're not the only team in Canada West that has a chance at winning," Bentley said. "I expect it to be very difficult, and I expect Alberta to play great. That's what we'll try to prepare for, and hopefully we're up to the challenge."

The Pandas will face the Bisons at 2pm on Saturday and Sunday in the Main Gym.

Hockey Pandas to polish up for playoffs vs Pronghorns

Home series against last-place team in Canada West will give Alberta the chance to perfect its game before the post-season begins

MATT PRETTY
Sports Writer

The Pandas hockey team will look to extend its momentum, tune up for the playoffs, and cement its position atop the conference standings this weekend, as they host the Lethbridge Pronghorns for their last regular season series of the season.

The second-ranked Pandas (19-2-1) need only one point in two games—or a Manitoba loss to Regina—to clinch the number-one playoff seed. The sixth-place Pronghorns (3-17-2), on the other hand, have already been eliminated from playoff contention, so this will be their last series of the season.

It will mark the 'Horns' first and only trip to Clare Drake this season, as the previous four matches between the two teams have all been contested in Lethbridge. Alberta has won all of those games, skating away with 7-1 and 4-1 triumphs in October and a pair of shutouts by scores of 4-0 and 3-0 in November.

Despite the previous lopsided results, Pandas head coach Howie Draper still feels that the Pronghorns will be able to pose some unique challenges to his team.

"[Lethbridge has] recently been a fast team that will forecheck pretty hard and create a lot of pressure," he said. "They've given us some difficulty on our breakout, and they've got some really good goaltending, so it's made it

difficult for us at times."

The Pronghorns, for their part, will be focusing on simply continuing the progress they've been making since the beginning of the year.

"We've been improving steadily over the season, and we want to get some points this weekend and absolutely go out on a high note as far as the season's concerned," Lethbridge head coach Doug McLeod said.

Though Lethbridge has had trouble generating offence this season—the Pronghorns have only scored 25 goals so far this year, only five more than Pandas forward Jen Newton, who leads Canada West in scoring—McLeod expects improvement in that area as well.

"We've been working on that over the last while," he said. "We've scored more goals in the second half than we did in the first. Part of that is our inexperience—we've got quite a few young girls—and the second part of it is simply going to the net harder and taking advantage of opportunities to shoot the puck when we have them."

Draper would also like to see his team get better in a few key areas of their game. Although Alberta has taken the fewest penalties in conference play, Draper knows the weekend likely won't be played entirely five-on-five. As a result, he considers the weekend an opportunity to work on the Pandas' special teams play in particular.



STICKIN' IT TO THE WOMAN The Pandas want to focus on their offence and special teams play against Lethbridge.

"[It's] another area we really hope to improve in, both our penalty kill and our power play," he said. "We'd like to see where we stand."

Not that Alberta's power play is in a slump: last Saturday the Pandas scored

on three out of four power-play opportunities against UBC. However, one of the Pronghorns' strengths is their penalty kill—it's at 86.5 per cent, good for third in Canada West—and how those two strengths match up could be key.

"We want to see if we can take that to the next level so that we have that added confidence going into playoffs," Draper said.

Games begin for both Friday and Saturday at 7pm in Clare Drake.

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Further future forecasting fun

More pure conjecture on what Alberta's teams can expect in the post-season

ROBIN COLLUM

Sports Commentary

A nyone can make good playoff predictions when they have all the information and know for sure which teams will be facing each other, but that's for yellow-bellied sissies. I'm so brave, I'm calling the post-season before the regular season is over. Continued from Tuesday, here's what I think is going to happen for the rest of Alberta's teams.

Pandas basketball

Of all the Alberta teams with playoff hopes this season, I'm most excited about the Pandas basketball squad. After a fairy-tale run to the national final last year—albeit without the fairy-tale ending—the Pandas returned this season with an almost identical roster and are well on their way to making a splash this post-season again.

Right now, Alberta (15-5) is tied for first in the Central Division with Calgary (15-5), so this weekend's games are extremely important because the results will determine the first round.

Alberta's hosting Lethbridge (5-15) this weekend, and I'm going to go on the record right now to say that they'll win by at least 15 points both nights. What's happening in Saskatoon this weekend will probably be more exciting, actually—Saskatchewan (8-12) is playing the Dinos—but as long as the Pandas beat Lethbridge, it's incidental. The Pandas have taken down the Dinos three times this year, so if they finish tied, Alberta will still come out on top.

The final will be a battle of Alberta. Saskatchewan's a threat, but Calgary will take them in a best-of-three semifinal and will head into the division final with some momentum. I'm putting my faith in the Pandas to win—which they'll need to, because they wouldn't be able to earn the wildcard spot.

The Final Four will—I guarantee—be hosted by defending national champions SFU (21-1), and I think Alberta, UBC, and Regina will be there. Canada West gets to send two teams to nationals this year, and it'll be tough going for the U of A, but I think they can beat both UBC and Regina, despite losing to both teams in the regular season.



HIT AND A MISS Joel Schmuland (10) will help the Bears fulfill my predictions.

Bears basketball

I'm almost afraid to make predictions about what's going to go down in men's basketball. While the Bears (14-6) have a huge amount of potential, they've also had problems fully realizing it. Likewise, Alberta's main Canada West rivals—Calgary (17-3), Saskatchewan (11-9), UBC (16-5), and Brandon (18-2)—are having excellent seasons themselves, but the Bears have managed to beat them each at least once.

Though some would consider it a toss-up whether the Bears can go the distance, I'm putting my money on the side of optimism. The Bears have shown that they can play at a high level, and if guard Alex Steele can continue what has been a career season and players like CG Morrison, Andrew Parker, Neb Aleksic, and Justin Vanloo play at their potential, the prognosis is good.

Alberta will host Saskatchewan for the first round of the Central Division finals, and Huskies powerhouse Andrew Spagrud notwithstanding, they'll prevail. After that, it's the Dinos, and that's where things will really get interesting. The Dinos, who have Ross and Henry Bekking, Robbie Sihota, and Jeff Price, are on fire this year, and I think they'll be able to take the Bears in three games.

That said, if things go as I expect they will in the other divisions, the Bears should earn the wild card to the Final Four, where they'll likely meet Calgary, Brandon, and UBC. They've proven themselves up to the challenge of both the latter in the regular season,

so hopefully they'll wind up with at least second place in the conference and earn the second Canada West spot for nationals at Carleton.

Bears volleyball

Does anyone not think Alberta will win a national championship this year, let alone the conference title? If such a doubter exists, I'd like to meet them and give them a stern talking-to. Sure, the Bears (14-2)—tied for first in Canada West with defending CIS champions Winnipeg—are undefeated, and sure, they've dropped important games to Winnipeg and UBC, their main competition. But I agree with the CIS coaches' poll, which just put the Bears at the top of the heap for the eleventh straight week.

The Bears are an experienced, well-rounded, and powerful team stacked with talent, and they'll beat Trinity Western (8-8) this weekend. Unfortunately, Winnipeg will also beat Brandon, so the Bears will finish second in the conference, having lost to the Wesmen in fewer sets than it took to beat them. That means they'll play—and beat—either TWU or Calgary in the semis before going on to the Final Four in Winnipeg. There, the only teams they'll actually have to worry about are once again Winnipeg and UBC. But since Canada West gets to send four teams to nationals—the conference winner, plus another three because all of last year's medallists came from Canada West—they're going to get a trip to Laval. And then win.

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Hoops Bears ready for 'Horns

PETE YEE
Sports Staff

With only two games remaining in the regular season and having already clinched a playoff spot, the Bears basketball team is hoping to use this weekend's series to build momentum as they head the playoffs. A pair of victories this weekend against the last-place Lethbridge Pronghorns (2-18) would also allow the Bears (14-6) to finish out the season with a better record than last season.

Alberta head coach Don Horwood has been emphatic that the Bears should improve upon last year's numbers as a way to measure the team's progress on the road back to the national-championship level of play—they've missed the cut for the past two years.

"One of the goals we had at the beginning year was to improve on last year's performance," he said. "We want to try and get better each year and move towards the national championship."

The Bears are the favourite going into the weekend series, which will be a rematch from earlier in the season when the Bears earned two wins in Lethbridge by 44- and 40-point margins. Since then, however, the 'Horns have added sharpshooter Danhwe Lawrence to their roster.

In just ten games with the team, Lawrence has become Lethbridge's leader on the court, leading the team in several categories including points and rebounds per game, with 15.6 and 6.2 respectively. The addition of Lawrence is definitely something to take note of as he offers a new look for the 'Horns, who have been playing better as of late—including a 83-79 win over the Winnipeg Wesmen last weekend.

"There is an unknown for us; we haven't [played] against him, so we don't know how we're going to match up with him; we don't know how we're going to defend him right now," Horwood said.

The Bears want to finish the season off with a series sweep, something



FILE PHOTO: PETE YEE

STAY ON YOUR TOES Fourth-year Alberta guard Patrick Unger (22) and his teammates will try to stay consistently good this weekend against Lethbridge.

that has eluded them for most of the season. A sweep would also help them maintain their current momentum for the post-season.

On the other hand, though Lethbridge has yet to win on the road this year, they've built up a little bit of momentum and have nothing to lose. While Alberta has already clinched a playoff spot, Lethbridge is definitely out. They'll be looking to end their year on an up note.

"You don't want to be the team that lets them win on the road. That's something we've [got to keep] from happening," Horwood said. "There's always a potential for a letdown for us right now, and that's our challenge obviously this weekend: try to get two victories which we should get."

The Bears will shoot it out with the 'Horns on Friday and Saturday at 8pm in the Main Gym.

As it's the final series of the regular

season, Horwood will also be concentrating on keeping his players focused on the playoff series next weekend and from succumbing to lacklustre play this weekend. The Saskatchewan Huskies, who the Bears have drawn in for the first round of the playoffs, will be a major obstacle.

"We know we have a really tough series next weekend against Saskatchewan—they'll be coming up here [with] a lot of confidence because they have beaten us twice already this year, they beat us in our gym, and they beat us last year," Horwood said. "They are a different team than they were last year, but we are all know they are very capable."

The Bears will shoot it out with the 'Horns on Friday and Saturday at 8pm in the Main Gym.

gateway student journalism society

The Gateway Student Journalism Society is seeking one student-at-large member for its board of directors effective immediately. Applicants should be undergraduate students who are not members of Students' Council, General Faculties Council, the University Board of Governors, or the University Senate.

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Applications should be sent to Adam Gaumont, the Gateway Editor-in-Chief, at eic@gateway.ualberta.ca on or before February 15.

For more information, please contact the Chair of the Board of Directors at gsjs@gateway.ualberta.ca or visit <http://www.gateway.ualberta.ca/gsjs/>

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Pandas control own court destiny

All that's standing between Alberta's women's basketball squad and a first-round playoff bye is this weekend's series against last-placed Lethbridge team

PAUL OWEN
Managing Editor

The formula is simple for the Pandas basketball team (15-5) as they prepare to host the Lethbridge Pronghorns (5-15) this weekend: win both games and clinch first place in the division and a first-round playoff bye.

Currently tied with Calgary for the top spot in the Canada West Central Division, Alberta owns the tiebreaker between the two teams on the strength of their 3-1 record against the Dinos this season, putting them in the driver's seat for a weekend off at the start of the post-season.

But while the Pandas control the situation atop the standings, it will take a pair of victories over the 'Horns to keep it that way. It's a feat the Pandas have pulled off in each of the past three matchups between the two teams, but Edwards noted it could be more difficult this time around due to Lethbridge's improved work ethic.

"They've played really hard all year long. Unlike last year's team, which played hard for awhile and then, if things didn't go well, you could get the game up and kind of run away

with things, they don't do that this year at all.

"They're much improved, their kids play harder for each other, they have better team chemistry, and they work hard," he explained, adding that there are some potential matchup problems for the Pandas when facing the Pronghorns.

"They're ready to get towards playoffs."

SCOTT EDWARDS
PANDAS HEAD COACH

"Their little point guard's good: Steph Elford. As long as Ashley [Wigg] does a good job of containing her and keeping her feet moving and doesn't reach, she'll be fine there," he continued. "[Third-year forward] Ashley McClenaghan—who gave us fits all last year too, as well as this year when we played them the first time—she's the big one for us; we've got to do a better job on her this weekend and try to find a way to shut her down. If she gets going, they're very tough to beat."

Despite the increased challenge

expected from their opponents, according to Edwards, holding their own destiny at home is a much preferred position for the Pandas than the one they were in a year ago. Then, the team had to travel to Lethbridge and try to sweep the Pronghorns while hoping Calgary would upset Saskatchewan. Edwards also noted that it's a spot his team is better equipped to handle after their experiences last season, when they went all the way to the national final.

"I think they're gaining maturity on the floor and they've sort of seen it all now. They're ready to get towards playoffs. I see this team ramping up towards playoffs differently than a year ago," he said.

"Last year, they were very excited to be in the playoffs, and they knew they had a shot at going far, but they didn't know what it looked like. This year, they know exactly what it looks and feels like, and now they have to prepare themselves in a different way, with maybe less emotion but more of a business-like approach."

The Pandas tip off against the Pronghorns at 6:30pm on Friday and Saturday nights.

SOON



ID & EGO by Lauren Alston



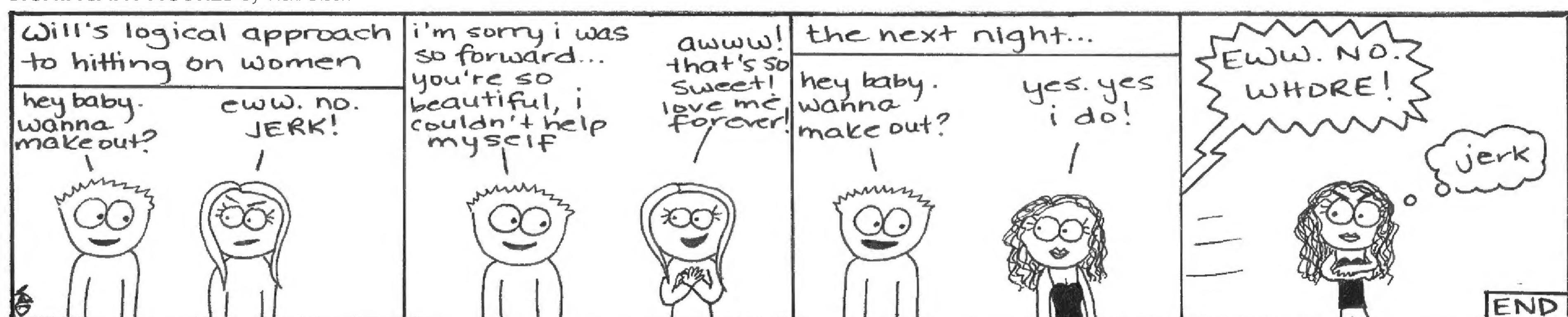
THE RESTLESS WICKED by Marie Gojmerac



STICKMAN by Jonn Gagnon



SIGNIFICANT FIGURES by Vicki Olson



RENT-A-THUG by Jeff Martin



COMIC WORLD by Alex Baloukov



astronowatch

by Kati Kovacs

"It's been a lo-on road / getting from there to here" Sorry, I have the theme from *Star Trek: Enterprise* stuck in my head. It gets worse; it's the version from season three. Kill me now. As much as I try to love *Enterprise*, I just can't. Scott Bakula should've stopped at *Quantum Leap*.

Earth had another close call this past Tuesday. Newly discovered

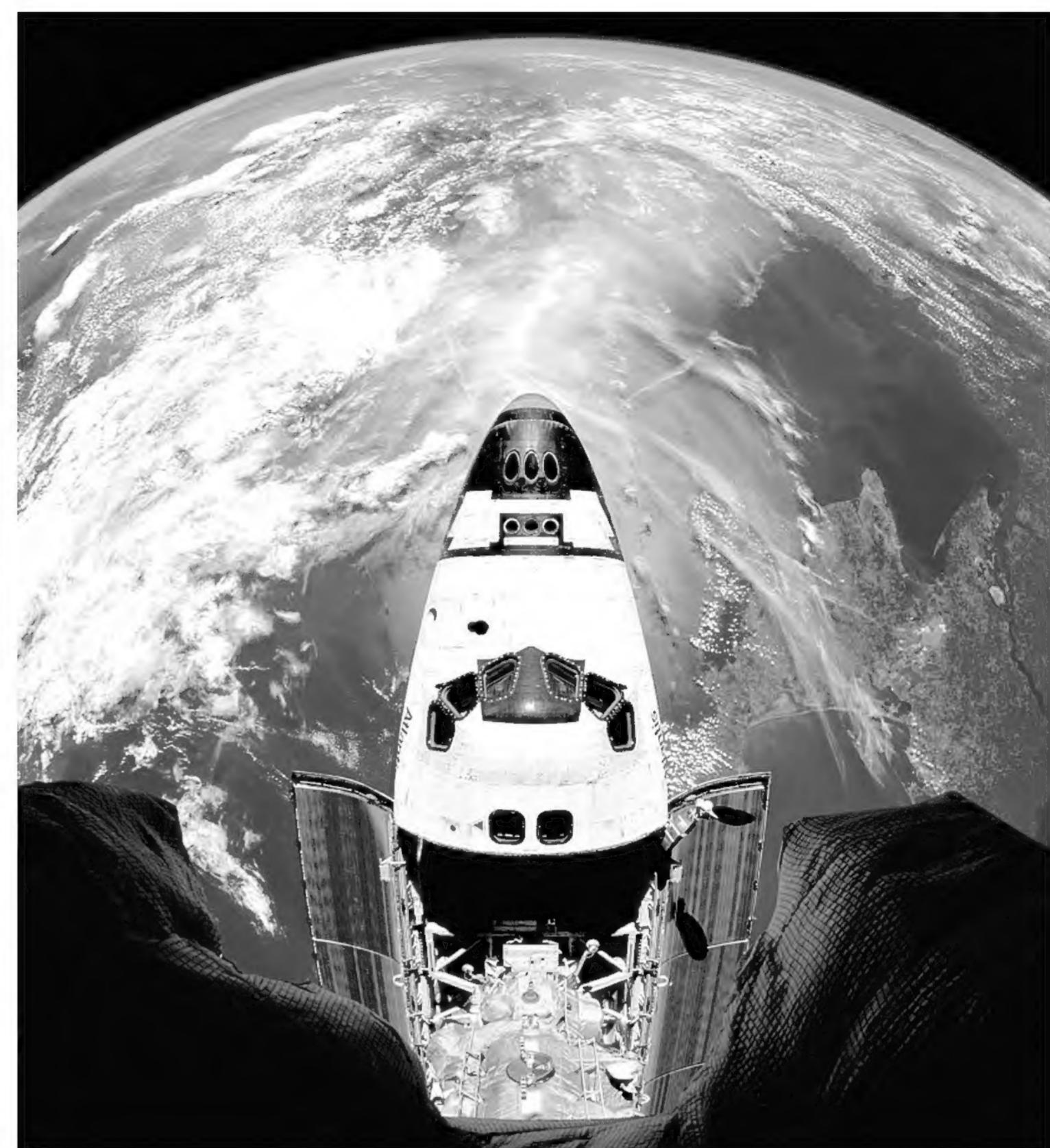
asteroid 2008 CT1 flew past our planet at a distance of only 116 000km! It was only schoolbus-sized though, so our civilization wasn't in horrible danger, just very mild danger.

If all goes well down at Cape Canaveral today, the space shuttle Atlantis will lift off at 12:45pm. The shuttle is delivering Europe's first permanent space laboratory to the International Space Station. If you would like to see the International Space Station, it'll be visible tonight for just under two minutes. Go out-

side and face west at 7:43pm. Make sure you have a very good view of the western horizon, as the station starts its pass very low. Hopefully, you will see a very bright object come into view and move to the south. The station's pass ends in the west-southwest, about 30 degrees higher than when it started!

PS: *Star Trek: Voyager* rules!

AstronoWatch is a weekly feature that covers the goings-on in the night skies, the galaxy, and sometimes even Kati's personal life.

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Proposed Lister Hall changes curbed by protest



RESIDENT REBUTTAL Hundreds of Listerites showed up in Lister's main cafeteria to show their objection to the University's proposed changes to FC and VP hiring.

NATALIE CLIMENHAGA
Senior News Editor

Lister Hall Students' Association President Kyle Marshall sprang into action when he received a memo Monday outlining proposed changes to restructure the way his residence conducts staff selection. The proposal, which would have taken votes for Floor Coordinators (FCs) and Tower Vice-Presidents away from Lister residents, came days before the hiring process was slated to begin.

48 hours later, the University of Alberta's Residence Services back-pedalled away from changing hiring procedures for the 2008/09 academic year after a mass protest among Lister residents raised concerns regarding the lack of consultation prior to the sending of the memo.

"In the centenary year, it's a bit of an affront to the students [when] we are being brought with a decision without consultation," Marshall said.

Under the University's proposal, FCs would no longer be elected but appointed—something that Listerites argued would remove their residence's student-governance model.

PLEASE SEE LISTER ♦ PAGE 4
ALSO READ GAUMONT ON PAGE 7

Samuel censured by Exec, Council over unauthorized document

RYAN HEISE
Deputy News Editor

The Students' Union Executive Committee, along with Students' Council, have issued censures against Vice-President (Academic) Bobby Samuel following the creation and distribution of an unauthorized pamphlet outlining the successes, shortcomings, and future goals of the SU VP.

The first censure was handed down by the Executive Committee (made up of the President and VPs) at their 29 January meeting, while the second came from Students' Council on Tuesday evening. A censure, while lacking any real punishment, is formal way for the Executive and Council to distance themselves from Samuel's actions.

The pamphlet became a point of contention between Samuel and the rest of the Executive due to the use of the SU marketing department to create it, the use of the SU logo, and the fact that Samuel hadn't informed anyone that he was creating the materials.

When brought to the attention of the Executive, there were immediately doubts of its intended purpose, explained SU President Michael Janz.

"Vice-President Samuel said he created this document as a VP awareness document, but through the

questioning, it became explicitly clear that this wasn't the case," Janz said.

"We believe that the document was created with SU resources, and the use of personal rhetoric could lead a student to believe that the SU was supporting him as a candidate and allowing the time and dollars of the organization to be put behind candidates, which is explicitly not the case."

"We felt it was very unethical and lacked character, and the resounding emotion that I felt was just disappointment."

Janz further explained that there were factual inaccuracies in the pamphlet, such as statements regarding Samuel organizing a national round-table on textbook prices.

During the Executive meeting, Samuel was emphatic that the document wasn't meant as pre-campaigning for the upcoming SU elections, but later changed his stance, stating that the purpose of the document was two-fold.

"I wanted to conduct academic outreach with undergraduates, and I also wanted to do what I guess would be considered pre-campaigning," Samuel explained.

Samuel added that even if he was pre-campaigning, he did not violate any rules.

"The censure is made to really be about the violation of the rules. Was

there any specific rule I violated? Not really," Samuel said.

"I think what the censure came down to, however, was a difference of perspective. I guess from their perspective, they saw me as abusing my position. From my position, I saw it as actually going out and trying to talk to undergraduates to see what their issues are and to see what they are interested in with the Students' Union and to have a Students' Union that actually serves students' needs."

Samuel also said that he had only distributed about 15 of the 300 pamphlets he had printed.

At Tuesday evening's meeting of Students' Council, Samuel was again hammered with questions regarding the document, with specific attention to the use of the SU marketing department to give himself a potential edge over other candidates, as well as the ethics surrounding such a move. After questioning, many councillors still felt that Samuel showed a lack of remorse for his actions.

"I'm just angry about the whole situation and just wish that he would take responsibility and he would fess up to making a mistake," Nursing councillor Natalie Cloutier explained. "As of right now, he's completely not, and it really bothers me that he has no conscience on the issue."



COUNCIL QUAGMIRE Bobby Samuel was censured by Council Tuesday night.

personal gain.

Ultimately, Council voted 35 in favour and three against, with three abstentions, to censure Samuel. An amendment was made on the motion to also issue a cease-and-desist letter regarding the continued distribution of the pamphlets.

PLEASE SEE CENSURE ♦ PAGE 2
ALSO READ EDITORIAL ON PAGE 6

Inside

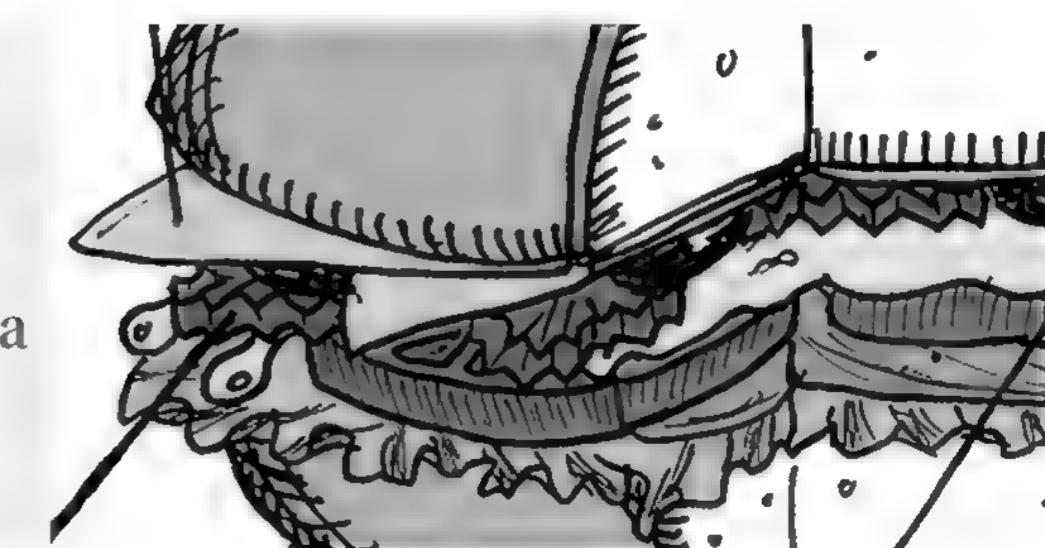
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THE Student Body PART 3

The final (calorie) countdown

If the old adage "you are what you eat" is true, you might want to put down that sumo-sized beef yakisoba and check out part 3 of our feature on student health

FEATURE, PAGES 9-11



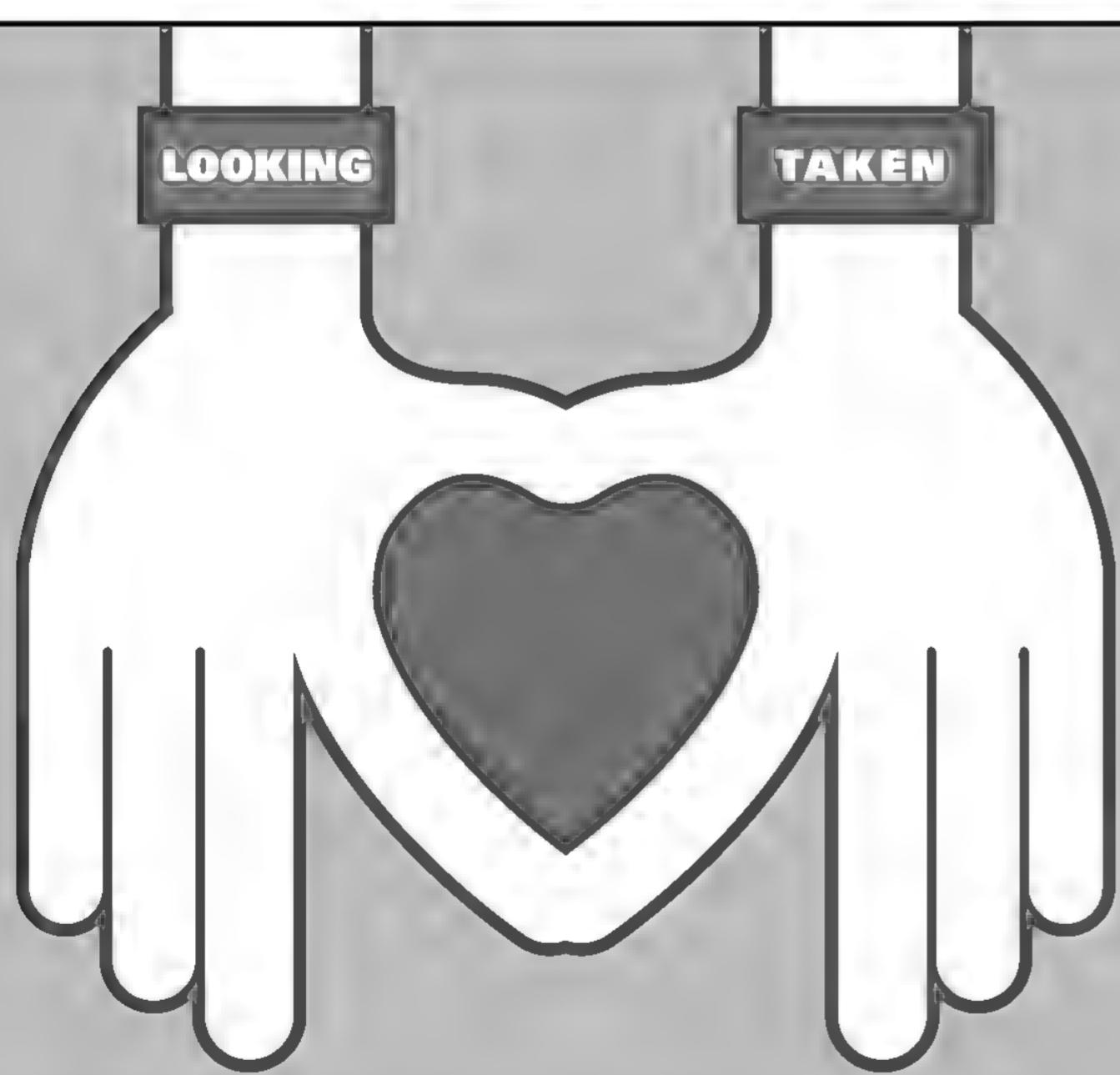
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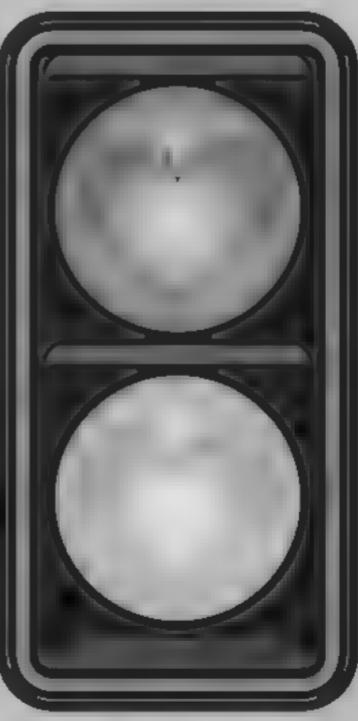
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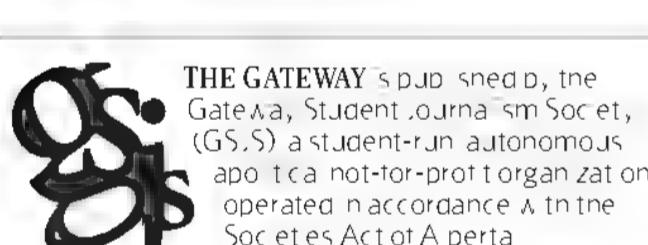
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colophon

The Gateway is created using Macintosh computers. HP Scanjet flatbed scanners and a Nikon Super Cool Scan optical film scanner. Adobe Photoshop is used for layout. Adobe Illustrator is used for vector images. An e Photoshop is used for raster images. Adobe Acrobat is used to create PDF files which are burned directly to plates to be mounted on the printing press. Text is set in a variety of styles and weights of FENICE Joanna, Kepler and Whitney. The Manitoba is the Gateway's paper and the other gear, though not in that way. The Gateway's games of choice are Paint and Label Maker Adventures.

contributors

Pete Lee, Matt Pretty, Robyn Snell, Leslie Edmon, Rosemarie Koto, Lynn Auld, Bryn Saunders, John Kmiecik, Sarah Stead, Meng-ting Logan Banayag, Kristen Goruk, Carole Lee, Tom Wagner, Nick Frost, Kat Ko, Acacia Science (because I made it and most of it), Lauren Stegitz, Cary Baier, Kat Moore, Pete Lee.



“

The VPA has said that he will very likely be using the slogan of Genuine, Bold, Smart for his campaign. While the actions of the VPA may be bold, to me they seem to fall outside of the realm of genuine or smart.

BEVERLY EASTHAM

Arts Councillor

—on Bobby Samuel's brochure

of SU Executive members attending outreach sessions. He answered that he believes the sessions to be a great resource and that advisement for potential candidates is welcome, as long as it doesn't intend to change opinions or platforms. Janz went on to state that he feels that the Wall of Gold and the SU website have become valuable sources of information regarding job positions.

Janz was also asked about the recent academic portfolio help session that was held and if more could be scheduled. He replied that the information from the session has been made available online and included in the SU newsletter and that an email will be sent out to students.

VP (External) Steven Dollansky was asked to detail the activities that will be taking place during the Provincial election. He replied that two forums are in the process of being planned—one for the Riverview area and one for Strathcona—along with outreach to keep students informed and able to vote. He also explained that media outlets such as TV, radio, the Internet, and billboards would be used to draw attention to PSE issues.

COUNCIL FORUM

by Kirsten Goruk

Students' Council usually meets every second Tuesday in the Council Chambers in University Hall at 6pm. Council meetings are open to all students; however, there is still no food provided. The only sustenance comes from consuming high-calorie debate and parliamentary procedure. The next meeting will be held on Tuesday, 12 February.

QUESTION PERIOD

President Michael Janz responded to a question regarding the recent issue surrounding Lister Hall and the newly announced changes that Resident Services plans to implement. Janz admitted to being extremely appalled by the news. He said that the current system of peer appointment engages students and creates a sense of community in the residence.

In light of the upcoming SU elections, Janz also answered a question about his thoughts on the usefulness

tics when we need to have a censure tagged on with a cease-and-desist letter to try and get someone to do something that may not jeopardize the institution's integrity," Janz added.

For his part, Samuel said that the censure was not the right decision and that he wasn't completely in the wrong over his actions.

"Obviously, Students' Council felt very strongly about what I did—I still feel strongly about what I did—and I still feel that talking to students, actually engaging students in the electoral process and how we approach our Students' Union, is the more important principle."

"It's a very sad day in student poli-

As you may be aware, today is Chinese New Year, marking the start of the Year of the Rat. Given that Alberta is a rat-free province, what other animal would you name the year after and why?

STREETERS

Compiled and photographed by
John Kmiecik and Mike Otto



Justina Yoo
Engineering I



Eldon Grahame
Engineering I



Selena Lui
Education IV



Lubomyra Zorniak
Engineering V

"Personally, I don't think that it's judged by a country, whether it has the animal or not. It's just a Chinese tradition, every year we have a different animal." [Hypothetically?] "Dragon, because I was born in the year of the dragon."

"I'd name it after a puma." [Why?] "Because it's a puma; the first thing that came to my head."

"I would name it a rabbit, because rabbits are cute."

"A cow because of Alberta beef."



BASK in the GLORY



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Carb research gets \$12.5 million boost

The director of the Alberta Ingenuity Centre for Carbohydrate Science says increased funding will propel more inter-disciplinary collaboration

LOGAN BANADYGA
News Writer

The Alberta Ingenuity Centre for Carbohydrate Science (AICCS) was awarded \$12.5 million last month to continue investigating the role that complex carbohydrates play in human health and disease.

The provincial research group, comprised of scientists from both the U of A and the University of Calgary, was granted the money by the Alberta Ingenuity Fund, a \$1-billion endowment set up by the Government of Alberta to foster internationally competitive science within the province. The AICCS will use this money over the next five years to continue to develop what is already a successful and highly regarded carbohydrate chemistry research program.

"The overall goal of the Centre's program is to fund groups that have a critical mass of expertise, that are regarded as world-calibre," said Dr David Bundle, director of the AICCS and a U of A chemistry professor. He added that while basic science is a core interest at AICCS, "it is very much the mission of the Centre to translate research into applications."

The interdisciplinary team of scientists at the AICCS has already applied its research to produce and patent both an antidote to the bacterial E. coli toxin and a vaccine against Candida albicans, a yeast capable of causing serious disease in the immunocompromised. Scientists at the Centre are also currently developing a vaccine against tuberculosis, an effective treatment for Clostridium difficile infection, and therapies for certain types of cancer.

Bundle hopes to take these



BUNDLE OF ENERGY Dr David Bundle talks about the renewed funding for his research.

medical advancements and commercialize them for public use, in part by using the Centre's spin-off company, TheraCarb.

"The deliberate intent is to have an economic impact in the province," he said, adding that although the recent funding will help drive the growth of the Centre's industrial and commercial aspirations, it will also allow the AICCS to attract and retain top-quality graduate students and purchase more modern equipment—something he says will benefit not only AICCS but also the Faculty of Science and University as a whole.

Bundle is also enthusiastic about the Centre's partnership with the Faculty of Education and the launch of an outreach program that has brought high-school science teachers into the lab and resulted in state-of-the-art science getting back into the classroom.

"We have apparently hit all the right buttons at the end of our first five years," Bundle said. "By the end of ten years, I think we may well have spun out two companies and have significant publications. And if we can do that, then I think we're in good shape to be funded for a third five-year period."

Alberta scientists to tackle province's high rate of premature births with new funding

CAROLINE LEE
News Staff

A team of 20 researchers from Alberta's three universities are set to tackle the province's high premature birth rate after receiving a \$5-million grant from the Alberta Heritage Foundation for Medical Research (AHFMR) to support their research over next five years.

Representing twelve different disciplines, the Preterm Birth and Healthy Outcomes team is one of the first research groups to receive the AHFMR's Interdisciplinary Team Grant, following a competition held in October 2007. With a premature birth rate of 9.3 per cent in Alberta, compared to the national rate of 7.8 per cent, the project is a response to the serious phenomenon of rising frequency in preterm births.

"We have a health problem here in Alberta. We have the capacity and the people to address it. [The researchers] all have the right skills sets, and they're willing to come together. So, it was a really nice blend of great people and [a] worthy project. That's why we want to do this; we're all committed to improving the health outcomes for preterm birth," explained Dr David Olson, a co-director of this project and a professor at the University of Alberta in obstetrics and gynecology, pediatrics, and physiology.

Preterm births, which occur prior to the 37th week of pregnancy, are associated with increased risks for

several health conditions that pose immediate and long-term consequences. Dr Suzanne Tough, another co-director and an epidemiologist at the University of Calgary in pediatrics and community health sciences, explains that premature infants are at a greater risk of suffering from problems associated with growth and development. These include speech and language delays, learning problems, chronic lung diseases, behavioural disorders, and socialization issues.

"The tinier the baby, the more likely they are to have these problems. These babies start out with lots of physical disadvantages, and it's hard for them to catch up," Tough continued. "Despite all of our best efforts, they're still more at risk of blindness and deafness than other children. They're just born too soon. They're not ready."

While it's unknown why Alberta has the highest premature birth rate, Tough suggests that there are several risk factors that could explain the rising rates, including genetic factors, the use of fertility treatments, lack of prenatal care, low-income situations, and the mother's lifestyle.

"More women are choosing to wait later in life to have their first baby, [and] after 35, the risk for preterm babies is higher," Olson said.

In addition, Tough explained that for individuals who've recently moved to Alberta, they may experience additional pressures.

"Part of the reason that people new

to Alberta are more likely to have a preterm infant is because they're having challenges accessing health services. Also, there are language and cultural barriers to accessing prenatal care, increasing the risk of preterm birth. You can imagine how these things come together: you're new to the city, you can't find a doctor, and you don't have very many friends," Tough said.

With this base, the research team will be examining the problem through a four-pillar approach to health research: basic science, clinical investigation, health outcomes, and population health. Tough believes that the AHFMR's approach to interdisciplinary research will set the grounds to find solutions to issues that couldn't be done if a team was to focus on a single aspect of the problem.

"When you have a whole bunch of people with different backgrounds, we think we can answer more complex questions. Preterm birth is definitely a complex question, because if it was just one thing, we would have solved it by now," Tough said.

The Preterm Birth and Healthy Outcomes team has also recently received an additional \$10 million in funding from the Ministry of Health and Wellness, the three universities, and stakeholders in the province.

"Every day now, I'm getting emails from all the other team members, and they're all getting started. It's an exciting time. We're really happy about this award," Olson said.

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Nomination packages are available at:

- the AP!RG office (9111 HUB),
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- online at www.apirg.org.

The Nomination deadline is Wednesday, February 13th at 5pm; please email cro@apirg.org for more information.



PROFESSOR OF THE WEEK

DR. SARAH McEVoy

ENG COMP 100

Sarah is an excellent instructor. She is CLEARLY enthusiastic about the class she is instructing. She does her best to keep the class interested, even when the material is uninteresting. She is understanding and patient when you ask questions, and if she cannot answer you immediately, she does some research and makes every effort to answer as quickly as possible. She also makes herself available out of class time to help with questions or labs. When meeting with her out of class time, she does not rush, but takes the time to explain everything until you understand. She also provides plenty of [material] to prepare us very well for our exams. I would not hesitate to say she is the best instructor I have ever had.

Do you have a professor that's unique and shows their value of undergraduate teaching? Nominate them! Email avpa@su.ualberta.ca.

Nominations can also be picked up and submitted at any Faculty Association or InfoLink desk, or the SU executive offices front desk.



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KATIE MOONEY

COMMUNIST DISCOURSE People gather in the SUB Alumni Room to discuss a communist future for Canada on Monday.

CPC leader talks social democracy during U of A political roundtable

JONATHAN TAVES
News Staff

The head of the Communist Party of Canada was in Edmonton on Monday as part of his cross-country trip to promote the party's socialist view of democracy.

CPC leader Miguel Figueroa participated in a discussion at the University of Alberta, focused on the importance of the imminent provincial election.

"[The Alberta election] will be an important testing ground," he said. "Defeating the Tories in Alberta would go a long way to defeating them across the country, which would be in the best interest of the vast majority."

Also attending the discussion was Naomi Rankin, one of the two candidates running for the provincial CPC. She echoed Figueroa's sentiments that the upcoming vote has the potential to begin a shift to the left.

"This could be one of the most interesting and exciting elections in Alberta in a long time," Rankin said. "There's a real deep discontent that [the Conservatives] cannot explain away. [...] This is an opening; people are fed up. People want change. We can address the real issues of class in Alberta."

Figueroa believes change would be beneficial at the federal level as well.

"The re-election of the Harper Tories,

especially if they get a majority, would be extremely detrimental to the future of our country, for our sovereignty, for preservation of the environment," Figueroa stated. "They're representing the interests of Big Oil and Big Capital, not the long term interests of our country or our globe."

The CPC, Figueroa said, advocates the view that Canada's interests are better served through strong social programs and fair representation in government with a proportional representation election system.

"[The First-past-the-post system] herds people into voting not for the party that comes closest to what they want, but instead for the least of what they don't want," Figueroa said, adding that a more equal democratic process can be achieved when the wealth of the nation follows suit.

"You can't have genuine political democracy when the economy is profoundly undemocratic," he said. "Capitalism runs rampant; globalization is increasing disparities between the rich and poor. [...] Rights working people had fought for decades to win—trade union rights, social programs like healthcare and education—are all coming under attack."

Figueroa has never been elected to office, but it hasn't discouraged his fight for gender and social equality, as well as against racism, which he

calls a flawed veil behind selective immigration practices.

"We oppose immigration policies that are skewed in a racist way," he said. "People come to this country, and their credentials aren't recognized. There need to be a lot of changes made."

The party would like to see changes in regards to postsecondary education, too.

"We think education is a basic right. It should be based on merit and effort, not on the ability to pay," Figueroa explained. "In a wealthy province like Alberta there is absolutely no justification for [tuition as a] barrier to universal accessibility."

Figueroa said that the CPC has no real-life model, as countries like the Soviet Union have "committed crimes in the name of socialism."

In Canada, Figueroa explained the mainstream left-wing choice, the New Democrat Party, has strayed from socialist ideals because they believe in small reforms to capitalism, which at its root is still individualism.

"The idea of counter-posing the individual to the needs of the community as a whole has been brought to its zenith under capitalism. [...] You get ahead at the expense of others; it's a cutthroat society, law of the jungle," he said. "Is humanity doomed always to have such attitudes? We don't think so. But of course, it's not going to happen overnight."

Lack of consultation detrimental—Marshall

LISTER • CONTINUED FROM PAGE 1

"I feel they are significantly ripping up the fabric of one of the tightest and strongest communities on our campus, in a proposal that hasn't fully been thought out, that hasn't been consulted with the community, and that hasn't been vetted to different members," Students' Union President and former LSHA president Michael Janz said, prior to the Administration's announcement that hiring for next year would be able to go ahead as in previous years.

"I guess I have to admit the process wasn't as engaging as it should be. We've agreed to that," U of A Vice-President (Facilities & Operations) Don Hickey said, adding that the University would now move forward with a review of the election system in conjunction with student representatives.

"We are committed to work with the students after the elections on what are our concerns, what are the students' concerns, is what we have the most appropriate or is there a more appropriate system of getting these positions in place," Hickey said. Janz said he was "absolutely floored"

that the University was considering a move like this, as he felt it "would alienate so many current students and alumni in the year of our centennial."

Janz further noted that in Schaeffer Hall, the only Lister tower where members are appointed instead of elected, there have been attempts over the past six years to also get those members elected.

I guess I have to admit the process wasn't as engaging as it should be. We've agreed to that.

DON HICKEY
U OF A VICE-PRESIDENT
(FACILITIES & OPERATIONS)

However, other proposed changes concerning the way student offenders are dealt with will be implemented as of 1 May. Hickey explained that offences on campus have risen "in double-digit percentages" over the last two years and that there was agreement over the need to revamp how

discipline is conducted.

Hickey said that for example, "furniture being thrown out windows is a very serious issue."

Hickey further noted that in response to the massive student reaction, the administration takes a holistic approach to its consultation procedures.

"Our constituency isn't just students—we interact with student families quite a bit too, and sometimes the expectations of the families and the students don't match completely," he said.

However, the logistics of the changes aside, Janz stressed that the initial lack of student consultation that occurred was inexcusable.

"Consultation isn't just me telling you something is happening; consultation is having a dialogue and input from both parties, and that [hadn't] happened here," Janz said.

Listerites proved their ability to quickly mobilize over the Internet as well. By the time the administration announced hiring would continue unchanged, the Facebook group created in response to the proposed changes had already surpassed 1300 members.

Secret CFS campaign plans leaked

Document discovered through an email error outlines plans to purchase public service announcements on radio, TV, and in newspapers and free commuter dailies

CHELSEA MCKEE
TESSA VANDERHART
The Manitoban
(University of Manitoba)

WINNIPEG (CUP)—Attempts to keep the Simon Fraser Student Society from leaving the Canadian Federation of Students (CFS) encountered a major setback after CFS campaign plans for the coming referendum were accidentally circulated to every student union in British Columbia.

The document, aside from detailing how a campaign to keep a student union in the CFS might unfold, also suggests that pro-CFS people could be hired at key student unions across the country.

Three British Columbia student unions are preparing to hold referenda to leave the CFS, Canada's largest federal student lobby group, this spring: the students' unions of Kwantlen University College and Simon Fraser University and the University of Victoria graduate students' union (UVGS).

Only plans for preventing the Simon Fraser Student Society (SFSS) were circulated. On 29 January, CFS-BC organizer Summer McFadyen attempted to email the document to CFS national director of organizing Lucy Watson, but mistakenly sent the document to the CFS-BC Executive Committee email list, which includes representatives from every member student union in the province.

The "Referendum Campaign Plan and Tasklist," dated 23 January, includes a list of more than 250 people, their availability, and their relationship with the CFS. Most of them are

not even BC residents, leading some observers to question how they would get to BC to campaign for the CFS.

Titus Gregory, a policy analyst at the Kwantlen Students' Association (KSA), said that the people on the list will most likely be flown to BC to campaign for CFS in the referenda. He added that he did not know whether CFS, students' unions, or individuals themselves would be paying for the travel.

Some people on the list weren't even aware they had been considered to participate in the campaign.

"This is the first I've heard of it. This is the first that any of us here have heard of it," said Rachel Heinrichs, Vice-President of Advocacy at the University of Manitoba Students' Union.

"It's obviously their campaign plan or campaign strategy. I guess it could be a wish list."

Amanda Aziz, national chairperson of the CFS, said that the document was authored by the BC wing of the CFS without the input from the national office. She also said that there are no plans yet to fly anyone to BC to take part in the campaign.

"There has been no discussion about who is going to be attending," she said, adding that from past experience she knows that some people would express an interest in attending, though she wouldn't speculate as to whether their flights would be subsidized by the organization.

According to Aziz, the document is a normal part of campaigning. With three referenda coming up, she said, "I don't blame them for putting together a plan."

But according to Gregory, the document could also give student unions

hoping to leave the CFS some tips, not only on what CFS-BC is planning in the coming months, but also on a potential conflict of interest.

CFS bylaws state that any referendum to leave the organization must be pursued through CFS bylaws and not the student unions. They also stipulate that a four-person Referendum Oversight Committee (two from CFS, two from the local student union) must be struck to plan and regulate the referendum.

Watson is currently one of the CFS representatives to the Referendum Oversight Committee at three of the four universities: KSA, SFSS and UVGS.

"It appears that she is a key architect of the political strategy of the organization to prevent us from leaving the organization," Gregory said.

"It's a bit of a conflict of interest, and the KSA is considering demanding that Lucy Watson step down from the Referendum Oversight Committee."

Watson also served on the Referendum Oversight Committee during the University of Manitoba referendum to join the CFS in 2006.

Under the headline "materials," the document details plans to design and print a dozen different types of pamphlets, as well as several cloth banners, bus-pass covers, 500 International Student Identity cards, buttons and "point/counterpoint speaking notes for YES campaigners."

But Aziz said that the document was more of a brainstorming document that shouldn't have been circulated and wasn't a final plan.

"I'm trying to understand what Summer was thinking when writing it," she said.

British Columbia's multi-billion-dollar transit plan still not enough, say students

DAVID KARP
CUP Western Bureau Chief

VICTORIA (CUP)—17 days after British Columbia announced a \$4.75 billion transit plan, the Canadian Federation of Students presented the BC government with 12 000 signatures demanding a better deal.

On 14 January, the provincial government announced \$4.75 billion over the next 12 years to build a SkyTrain line to the main campus of the University of British Columbia in Vancouver, and a RapidBus line to the UBC-Okanagan campus in Kelowna, but according to BC-CFS chairperson Shamus Reid, who submitted the petition on 31 January, "We can't wait until 2030, 2020, or 2012 for these transit promises [...]. Change must come today."

He said the announcement of more transit funding has helped the CFS campaign.

"Most of that funding is going into capital budgets, specifically in the Greater Vancouver area. It's not addressing late-night service needs of communities in New Westminster and Surrey. It's not addressing the needs of students at Thompson Rivers University and Selkirk Community College."

SHAMUS READ
BC-CFS CHAIRPERSON

The petitions call on the federal and provincial government for a "big-picture plan" that would create more frequent trips to universities and colleges, more late-night service, more express routes, and lower fares.

"If the Minister of Finance is floating the idea of increasing gas taxes, we want to see that money go directly toward funding improved service in our public transit system," said

many people in the region.

Reid presented the petitions to a security officer at a press conference on the steps of the BC Legislature. Eight students—seven from the University of Victoria Students' Society and one from the Camosun College Student Society—joined Reid in the announcement.

"It's not addressing late-night service needs of communities in New Westminster and Surrey. It's not addressing the needs of students at Thompson Rivers University and Selkirk Community College."

SHAMUS READ
BC-CFS CHAIRPERSON

The students from the University of Victoria drove a car to and from the press conference, but Reid called on Finance Minister Carole Taylor to take the bus.

"In less than a month, Finance Minister Carole Taylor will be walking down these steps to deliver the 2008 BC budget," Reid said. "Our hope is that she'll arrive off one of the buses that are just over there, with a sense of the challenges of those who use public transit every day."

The petition is part of the CFS' We Ride campaign, which has been gathering signatures for the last four months—more than 4000 from Vancouver Island students and more than 8000 from the Lower Mainland, Fraser Valley, and the interior.

Rob Fleming, the provincial NDP's advanced education critic, was watching the announcement, and agreed that the government's funding announcement isn't adequate.

"It's great to put out a glossy 20-page brochure full of nice pictures, but it's another thing to actually begin to fund and implement some of these plans," he said.

Fleming said the plan favours Greater Vancouver at the expense of Victoria.

"There's no mention about LRT [light rail transit] here—even as far out as 2030—and to me that's unacceptable."



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OPINION

opinion@gateway.ualberta.ca • thursday, 7 february, 2008

Bungling Bobby not fit to lead

TO ME, BOBBY SAMUEL ALWAYS SEEMED LIKE a puppy—mostly harmless and happy to see you regardless of how you might have treated him. However, as puppies are wont to do, he recently took a shit behind the couch thinking nobody would notice, and was then surprised when he got smacked on the nose with the rolled-up newspaper of democracy. And though printing and distributing the “Bobby Fan Club” invitations didn’t technically break any rules, he was still playing dirty election pool.

Apparently, this move was all about being “genuine, bold, and smart”—though he fails to show those qualities through this act. Bold, perhaps, in that he printed what basically amounts to an admission of his failures over the past year—though he manages to put enough positive spin on it to make you dizzy. However, there’s nothing smart or genuine about this move—Samuel has effectively shattered his smiling, innocent persona, revealing himself to be a sneak, though a bungling one at that. Now, he’s been caught with his hand in the campaign cookie-jar, and he’s unsure of how to defend himself, initially admitting to wrongdoing in Council but later denying any guilt.

Perhaps what’s most disheartening about the entire affair is how little Samuel seemed to care about the angry reactions of the Executive and Council members. His actions clearly upset other councillors, yet he failed to apologize for what he had done, stating that while it could be considered pre-campaigning, it wasn’t in violation of any rules. While Council felt that he had abused his power, Samuel ignored their concerns, chalking it up to a mere matter of differing perspectives.

He states that he was attempting to get input from students so that he could better run his campaign; however, you can’t claim that you want to listen to the voice of the students and then turn around and ignore the concerns of those we elected to speak for us. Yes, only 20 per cent of the student populace may have voted, but I’m one of them, and I voted for many of the people currently in office. So by ignoring them, Samuel has ignored my vote, along with those of 7354 others. Our VP (Academic) has shown that he doesn’t represent students—he represents himself.

In response to the censuring, Samuel released a statement in an effort to present his side of the story. However, in reading it, I got the sense that he considers himself some kind of tragic hero being persecuted by the “establishment” that he fights so valiantly against. And if what he’s fighting against is an organization designed to represent us, then why should we support him? The candidates aren’t bureaucratic suits planted by the University in order to control the troublesome student populace, as he seems to make them out to be—they’re students just like you or me.

Whether or not distancing oneself from the current student government is a good move is debatable; however, the manner in which he chose to set himself apart is disgraceful. No matter who you are, if you anger and lose the support of 76 per cent of your colleagues before an election, then you are unfit to lead and have no business running for SU president.

Samuel claims to want to fight student apathy and make the SU less of a joke—or “gong show” as he so eloquently put it—so why should I vote for somebody who approaches student politics in the same mud-slinging manner that the politicians at the Legislature do? If he wants to win based on merit, then he shouldn’t be attempting to pander to the student body by kissing first-years and high-fiving frat boys. We aren’t morons, and he sure as hell isn’t our savior.

CONAL PIERSE
Opinion Editor

One at a time, morons

Needed a mixer,
But the coke machine was broke.
Stop stealing, you fucks.

RYAN HEISE
Deputy News Editor



Upon realizing that her puppeteering skills aren't up to par, Indira Samarasekera decides that appointment is a bad idea

KELSEY TANASIUK

LETTERS

Afrocentric schools not my bread and butter

Thanks to Tom Wagner and Cody Civiero for writing about the recently approved Afrocentric school in Toronto (re: “Are Afrocentric schools segregation or advancement?” 5 February). It was great to see that not only people of Caribbean decent are talking about this.

As a woman of colour, I would never send my children to an Afrocentric school. Mr Wagner argues that having an Afrocentric school isn’t segregation because this is the choice of these black individuals. Well that’s simply ignorant. The parents who have pushed for such a school are segregating their children; choosing to be segregated is no better than being forced into segregation.

If Caribbean-Canadian students don’t want to attend regular public school, then what makes these parents so sure that an Afrocentric school is going to make them want to attend school? I haven’t seen any data so far that suggests black Caribbean-Canadian students have a lower drop-out rate when attending Afrocentric schools.

As a parent, I’ll ensure that my children learn about their Caribbean-West-Indian-American-British

heritage from me. It’s not the school’s responsibility to teach my children about their culture. As a parent, I’ll work with my children’s teachers and help to ensure that my children receive a quality education and stay on the path to success.

In my opinion, these students that are going to attend this Afrocentric school are going to have a difficult time once they graduate from high school. I hope the parents that pushed for an Afrocentric school plan on starting an Afrocentric university complete with post-graduation Afrocentric jobs.

PS: Sorry, I can’t eat butter!

YOVELLA MIZRAHI
Open Studies

Gateway not informing at a satisfactory level

Youth—the people with the most at stake in any election—are the people least likely to vote. All thinking people decry this as a travesty. And yet, the Gateway can’t be bothered to include a single mention of the Alberta provincial election in a paper published the day after the election starts?

Yes, I understand that it’s difficult to report on breaking news when you have to wait 24 hours for your paper to be printed, but the only mystery was whether the writ would be dropped on Monday

or Tuesday. Indeed, you were able to get stories on the Super Tuesday primaries. Those hadn’t happened by press time either. I’m as interested in the US presidential race as anyone else, but no one in that race is going to decide what happens with my tuition next year.

You dropped the ball pretty badly, there, Gateway. Pick it up.

JASON MORRIS
Law I

Province makes voting easy, so get out and do it

Well, my fellow students, it’s election time again. If you’re anything like me, you plan to be nowhere near your riding on Election Day.

As long as you’re only away from your family home temporarily (ie you plan to go back there over the summer, or you still live with your parents as far as taxes are concerned) the riding your family is in is considered your riding.

You may think this puts a serious crimp in your plans to exercise your democratic rights, but don’t despair: Elections Alberta has already made you two backup plans. If you’re going to be back home soon, check out the advanced polls in the area.

If those don’t work for you, you can request a special ballot—it probably takes less time than walking to the polling station and standing in

line for five minutes.

Take two minutes right now to print, fill out, and mail a really simple form, or you can even call the elections office and save yourself the postage. Then sit back and wait for your ballot to come in the mail. Two minutes to fill that out and mail it back, and you’re home free and have complaining rights for the next four years.

Special ballots, advanced polls, and everything else you could need can be found at www.elections.ab.ca.

Honestly, if the Alberta Government wanted to make this difficult, they’d use chads.

MARION KILGOUR
Engineering V

Letters to the editor should be sent to letters@gateway.ualberta.ca (no attachments, please).

The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libelous, or otherwise hateful in nature. The Gateway also reserves the right to publish letters online.

Letters to the editor should be no longer than 350 words, and should include the author’s name, program, year of study, and student identification number to be considered for publication.

And, apparently, you guys read this shit, so the Gateway challenges you to send us an interesting letter about geology.

Lister the last bastion of spunk

They came out in droves, demonstrating that Listerites are still willing to rise up

ADAM
GAUMONT

As someone who has never lived in Lister, my knowledge of life on the other side of 87 Avenue is limited to tales of bad food, drunken debauchery, dodgeball tournaments, and random outbreaks of various transmittable diseases in an enclosed environment. And while I'm only too happy to unquestioningly subscribe to these and other amusing stereotypes, I now have one more Lister legend to add to my list: champions of democracy and varsity spirit.

Okay, so it's not exactly the civil rights movement, or even the Orange Revolution for that matter. But last night, when hundreds of students packed into the cafeteria in Lister Hall to debate, protest, and just to show that they cared, they did what countless other protesters couldn't do: they actually got the University to go back on a decision.

Those bothersome activist types are actually right, in a way, when they encourage you to come out to those rallies. Because if tens of thousands of students were ever to march across the High Level Bridge and camp out on the Legislature grounds until tuition fees were lowered (or at least until the

government acknowledged them), it would probably work. In fact, such things did occur back in a mythical age of activism and protest that occurred when you and I were still in grade school.

Our generation, on the other hand, is a pretty apathetic bunch. But even today, despite so many lame turnouts at so many lame SU events, U of A students have shown that they aren't apathetic about everything.

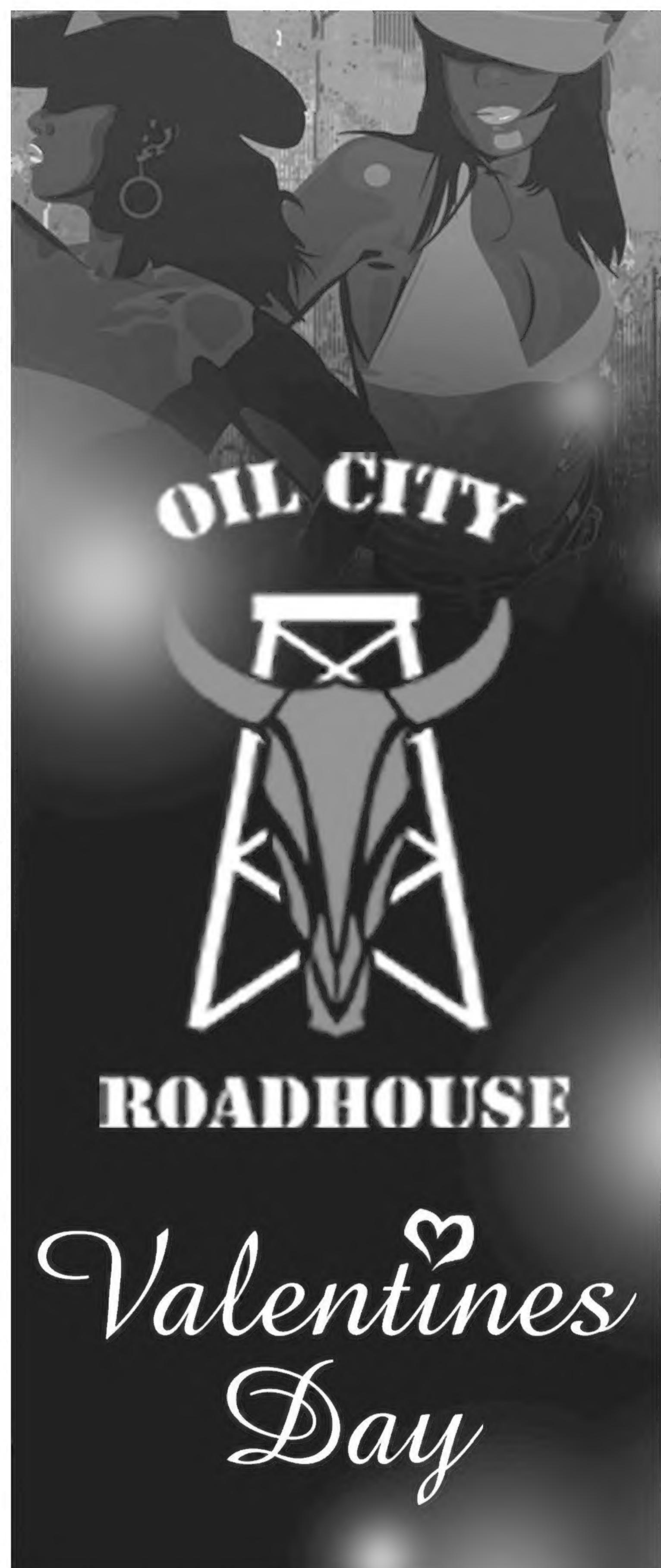
Despite so many lame turnouts at so many lame SU events, U of A students have shown that they aren't apathetic about everything.

A telling example: the single most massive and organized student turnout I've ever seen in my four years at this institution came this past December, when thousands upon thousands of nervous undergraduates flocked to SUB, waiting for hours on end just for one fleeting moment with the person that they came to see. Only it wasn't inspiration they were looking for, it was vaccination, and it wasn't a rush of youthful adrenaline they were getting, but a shot in the arm to protect them against the mumps.

Yes, it took a vague and shadowy threat to their personal health—not the threat of increased tuition fees or equally shadowy provincial legislation—to mobilize the general U of A student population in droves that I have never seen before or since. But that shouldn't come as much of a surprise in such an affluent, conservative province as this one and at such a sprawling and populous commuter campus.

In fact, that's just it: commuter students versus residential ones—those who leave versus those who stay. Lister Hall is a holdover from the traditional university experience, now the exception rather than the rule, but still a near-perfectly intact microcosm of school spirit and post-secondary idealism, unsullied by the quotidian distractions of home life or the invariably more right-leaning views of their tuition-paying parents.

In residence, you actually have a chance of getting to know your colleagues, your floor mates, your dodgeball dudes, and your drinking buddies. You get to stay on campus 24/7, soaking up the academic experience along with a few more pragmatic alcohol-fuelled life lessons. You get exposed to the Norwalk virus. You get to pick the next SU president—if Michael Janz and Jordan Blatz are any indication. And if yesterday's demonstration is any indication, you get to have a say in University policy too.



Microsoft's purchase a reason to say Yahoo!

MIKE
KENDRICK

"While its early anti-trust accusations have raised some eyebrows, the deal seems to be pushing ahead and could benefit both Microsoft and Yahoo. While Yahoo gets some much-needed financial investment (as its shares have hit a four-year low), Microsoft gets a crash course in what "cool" means in the future."

Earlier this week, when software giant Microsoft offered \$44.6 billion for the acquisition of second-place search engine Yahoo, Google—the web's reigning leader—began to show signs of concern for the first time in recent memory. While it's been the uncontested search engine champion for years, the tech industry wasn't always so focused on Internet supremacy.

Remember the days of yore, when the schoolyard skirmishes between Microsoft and Apple topped the tech headlines? Microsoft would show up with a shiny new operating system that would make it the envy of all the sandbox, and in response, Apple would show off its latest bits of hardware, too.

Then, one day, a new kid came to town and took everyone by surprise. Gone are the days of playground hardware mudslinging: now that this Internet thing is starting to take off, Google has suddenly risen to the top of technology's ranks, leaving the former big dogs in the dust.

But everyone knows how these things go once middle school is over—Apple became that mysterious, turtleneck-wearing artist that all the hipster chicks fawn over, while Microsoft remained the nerdy rich kid that spends its weekends building model rockets and watching *Babylon 5* reruns. Google, on the other hand,

is suddenly the big company on campus and the envy of every freshman startup around.

While Apple seems content to brood among its clique of artsy beatniks and indie hipsters, Microsoft can't seem to shake those memories of when it sat atop the computational totem pole and Google was just a colourful kid that nobody really understood. Needless to say, a self-entitled suburbanite brat like Microsoft wasn't raised to handle living in second place, and it's been desperately trying to catch up ever since.

Enter Yahoo—the laid back, hemp-and-sandal-clad toker that's always sat at the back of class and has spent its life in the pursuit of chilling out. It's had its moments in the past—people used to dig its forward-thinking nature and the way it seemed to have an answer to everything. Though it's no Google, it's got the kind of cool factor that Microsoft needs to climb back up to Google's level—with a little financial coercion, of course.

This is exactly the kind of high school comedy/drama that writes itself.

Google's not one to just sit back without a fight, though. It's taken a look at the situation and now realizes that this kind of deal could be a legitimate threat to its position. While its early anti-trust accusations have raised some eyebrows, the deal

seems to be pushing ahead and could benefit both Microsoft and Yahoo. While Yahoo gets some much-needed financial investment (as its shares have hit a four-year low), Microsoft gets a crash course in what "cool" means in the future. Because let's face it: Vista was hardly a step in the right direction.

What's more, a tag team like this is putting some welcome pressure on Google's superiority. The search-engine giant became the uncontested leader in the battle for Web 2.0 technologies, but it's for the best that it doesn't get too comfortable in its victories. With the combined efforts of Team YahooSoft, we're likely to see a fresh new rivalry that could only be settled in some sort of climactic dance-off, complete with celebrity cameos.

Of course, the anti-trust lawyers will have to go comb through their policy manuals to make sure that a union like this is even acceptable in the first place, but Microsoft is no stranger to dodging lawsuits. Once the dust settles and the credits roll, it's likely that Google will still come out on top, but everyone will have learned a valuable lesson about doing business in the future—and Apple might even finally make it with that shy hottie AT&T. If anyone's a true winner, though, it's the audience—I'm certainly smelling a sequel.

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Hitting a pedestrian is no accident, so the law shouldn't treat it as such

BRIAN GOULD



"When someone 'accidentally' gets shot, the message to the public isn't to be more careful when people are waving guns around—it's to stop waving the guns around in the first place. And yet, in 2007, more people were killed crossing the street than were shot to death in Edmonton."

From a block away, it looked like a fender-bender. Emergency crews were on the scene and both lanes were blocked, but in only a few minutes, traffic was moving again. The first car was completely undamaged, and it was only by passing the second vehicle—a pickup truck—that the reason for the jam finally became clear.

The car was stopped immediately before a crosswalk. The truck, on the other hand, was nearly a block further along, parked immediately before a motionless body. Not only was the crosswalk marked, it also had its own full set of traffic signals. The distance travelled by the truck means that it was, in all likelihood, speeding.

Had I been more involved in the scene—been waiting to cross, say—and less in control of my emotions, I could have ended up charged with assault. If countless past examples are any indication, that's more than the driver would receive legally, and that's just not right.

I can hardly write this—it's been a couple days now, and I'm still shaking with anger. I don't know for sure whether it was fatal, but judging by the fact that the EMTs on the scene had already started CPR, it didn't look good.

There's a certain formula to these stories that's by no means unique to Edmonton: a pedestrian is struck by

a careless driver who is subsequently charged with a mild traffic infraction, and then the media runs some stories on pedestrian safety. After all, it was just an accident, wasn't it? But change to just about any other situation with someone being that careless, and there would be much more significant charges laid.

When someone "accidentally" gets shot, the message to the public isn't to be more careful when people are waving guns around—it's to stop waving the guns around in the first place. And yet, in 2007, more people were killed crossing the street than were shot to death in Edmonton.

Perhaps it's the wording. After all, call it a pedestrian fatality and it implies that it happened of its own accord. When you kill someone on purpose with a gun, it's homicide, but even if it's an accident, it's still involuntary manslaughter. It's time to recognize this for what it is—vehicular manslaughter—and start handing out jail terms accordingly.

On the proactive side, we need to slow traffic down. At 30km per hour, a pedestrian has a 95 per cent chance of survival. Increase the speed to 60km per hour, and suddenly the pedestrian has less than a one-in-six shot. Crosswalk safety measures or not, speed still kills.

As someone who's always either walking or biking, I'm tired of being told that being run down would be

entire system ceases to function after 1am. Therefore, it must have seemed like a fantastic idea to start playing auditory broadcasts throughout the trip, at just the appropriate level to disrupt any conversation or thought process that was occurring at the time.

The worst part is that it's transit information that no one could possibly give a damn about. It's not like anyone riding is going to enthusiastically write down the number to call if you want to drive the train, and making vague threats about not bringing your bike on in the morning only works when you actually have some way to enforce it.

my fault, even though I walk with the light, ride like a vehicle, and am always ready to jump out of the way. This summer, the City posted obnoxious signs on Whyte Avenue, such as the infuriatingly patronizing "she doesn't see you." Bad enough that these were directed mainly at pedestrians, but they placed them right at major intersections. Distracting people with over-sized yellow signs as they step off the curb is hardly productive.

The City claimed that this project was a success—not based on reduction in collisions, mind, but rather on how many people noticed the signs and remembered the message when surveyed. That's not a measure of safety improvement—that's a measure of garish graphic design. Maybe the message sank in, but likely the public ignored it like six-year-olds would be bombarded with the same message by their parents.

Either way, the message is that the streets aren't safe. Instead of concentrating on actually fixing the problem, we're just accepting it as a fact of life and moving on. It's become too easy for drivers to rationalize fatalities as accidents. Maybe the solution is harsher penalties. But even if it involves fewer cars moving slower instead of showing drivers safety messages, we should be showing them scenes like this—because what I saw was not an accident to me.

So in to the sack with you, ETS, for ensuring that between the time people get into the train station and have a Metro shoved at them and the time they reach their destination and have a Metro shoved at them again, there will never be a frightening period when their sensory experience doesn't involve an advertisement of some kind.

JONN KMECH

The Burlap Sack is a semi-regular feature where a person or group who needs to be put in a sack and beaten is ridiculed in print.

THE BURLAP SACK

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food for thought

I

If students have learned anything from the mighty walrus, it's how to insulate themselves during the winter. While it's rare to see people emulating large, rather ugly sea mammals, the student population has very little problem neglecting their waistlines a little as homework and socializing take their toll on free time and eating habits. In the name of research (and lunch), the *Gateway* goes behind the spare tires to loosen the belt on how and why keeping fit can help students get that 4.0 GPA.

WRITTEN BY NICK FROST AND JONATHAN TAVES
ILLUSTRATIONS BY LAUREN ALSTON

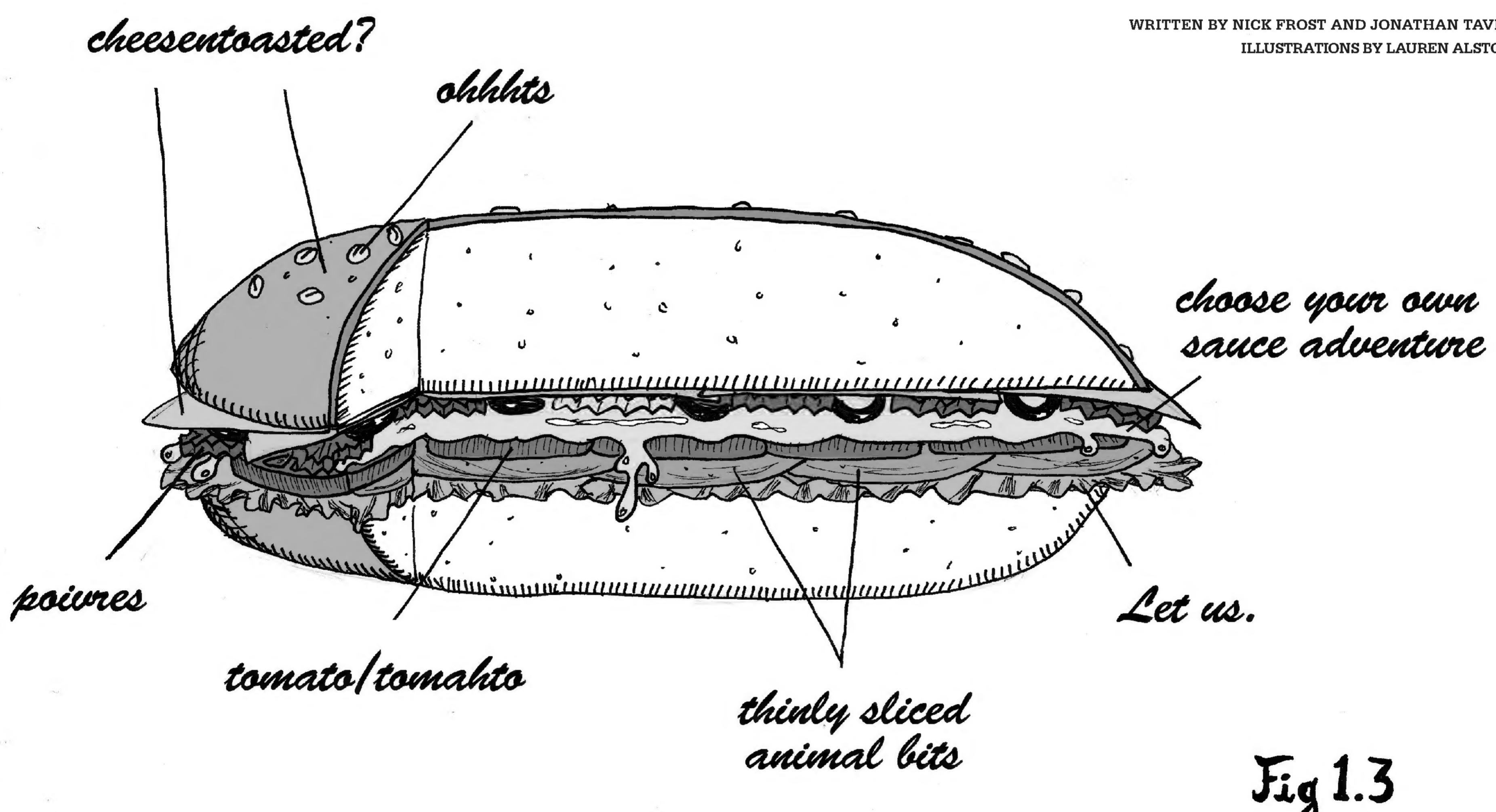


Fig 1.3